The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Issue 47

FREE

JANUARY THROUGH APRIL 2011

Gay and Lesbian Spirituality and Family Life

Carol Kennedy, Theresa Bassett and five of their children

Drumming Circles in Ann Arbor

Crazy Wisdom Kids Section featuring Faeries and Nature Spirits, Cynthia Gabriel on Natural Birth Experiences, and Annie Zirkel on Conscious Parenting

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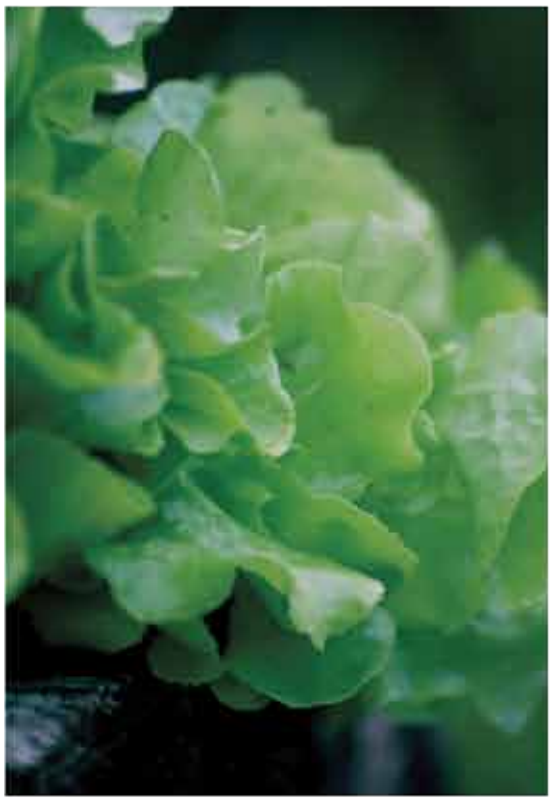

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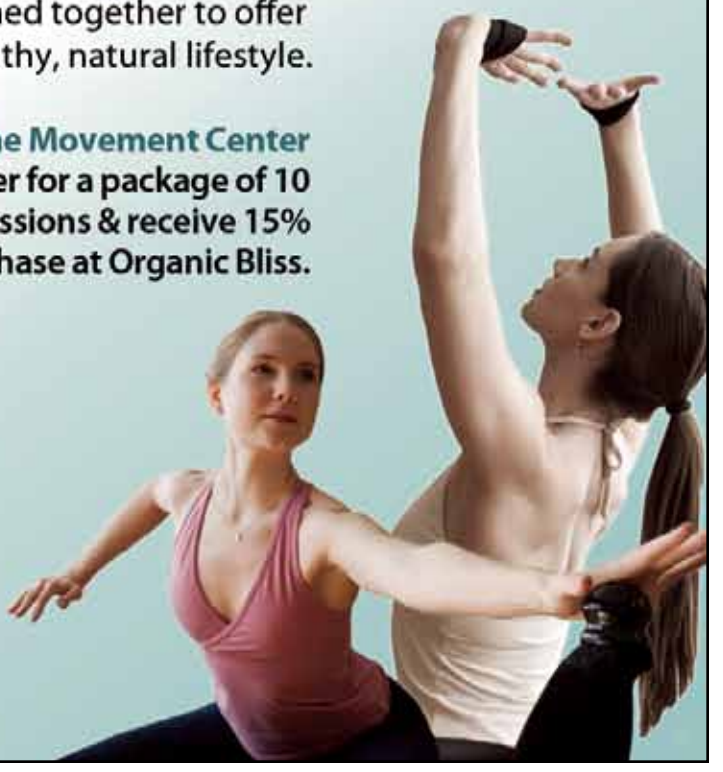

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journa*l is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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Calendar Submissions: The **deadline for free calendar submissions** for the May thru August 2011 issue is **Monday, March 21st**

Ad Submissions:
The **deadline for paid advertising is Friday, April 1st**

The issue will be distributed starting at the very end of April. 8,250 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 165 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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— Cover Photo by Rachael Waring —

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Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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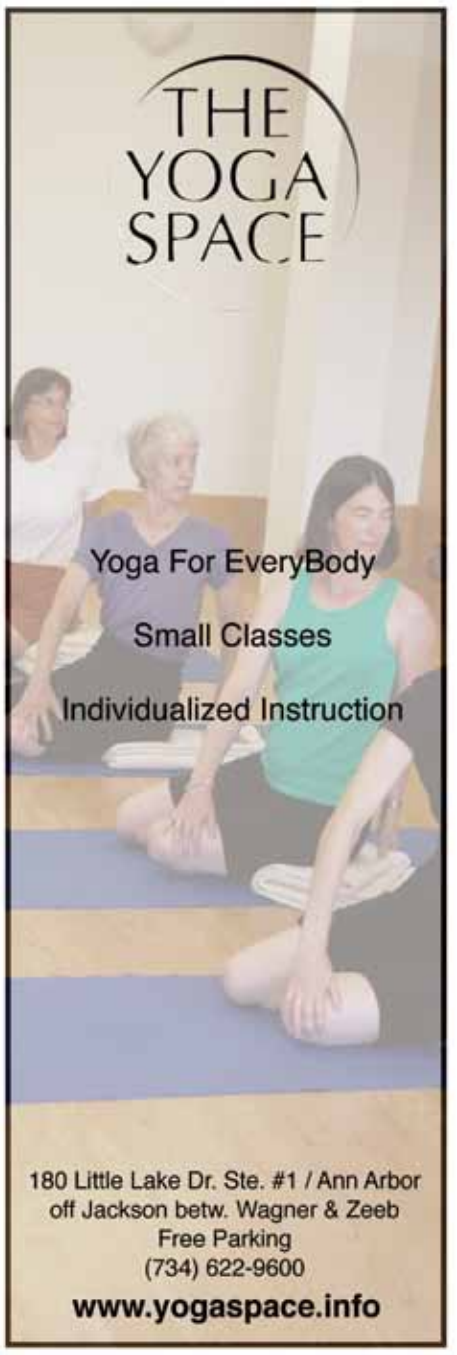

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What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Practitioners and Businesses

Rena Basch recently founded *Locavorious*, a new frozen produce subscription service. Rena's business collects fruit and produce from small farms in the area and freezes them at -15 degrees Fahrenheit in deep freezers at a space near the Ann Arbor airport. Like a community supported agriculture farm (CSA), *Locavorious* splits up their yield between members who subscribe to receive portions of the food throughout the winter.

Rena, who worked in the auto industry for 15 years and spends part of her time working as the Township Clerk for Ann Arbor Township, "had a CSA farm share myself before starting the company and I loved it. I also love the Farmer's Market. I've always had a particular interest in cooking and food," she says.

"I was disappointed at the end of the season when I had to go back to the grocery store to find food," and she was pickling a lot of food to last her family through winter. One day, she was talking with her friend, Dawn White, whom she calls the "Godmother" of the project. When she was coming up with an idea for a business, her "head slapping moment happened when Dawn told me to preserve," she says. Rena saw a niche market open up ahead of her and decided to start freezing away.

Subscribers pick up their fruits and produce on distribution days throughout the winter months. She currently doles out food at the *Ann Arbor Farmer's Market*, *Morgan & York* fine wine and specialty food store, and the *Corner Brewery* in Ypsilanti. As a special treat, Rena sticks copies of her own recipes into her members' shopping bags, and shares tons of recipes on her blog, www.locavorious.wordpress.com.

One of the biggest benefits of the way Rena deep freezes her fruits and produce is that the food doesn't thaw and refreeze over and over again, like your fridge at home. "Our freezers are not self-defrosting. It freezes fast and stay frozen in bags and Tupperware. Fruits and vegetable ruin faster in a traditional fridge - they get mushy and lose taste," she explains. Keeping food constantly frozen at a low temperature avoids mushy, tasteless frozen food. "You can smell how good it still tastes as soon as you open the bag," she says.

Photo by Doug Russell

The Bio Energy Medical Center Staff

In front, from the left: Dr. Uma-Umangini Desai, Dr. Weili Wang and Brandy Boehmer. In back: Dr. James Neuenschwander and Mary Markle. (See page 10)

People aren't necessarily sick when they visit Bio Energy Medical Center. "What we do is really promote wellness, and we're about preventative medicine," Patricia Neuenschwander explains.

Rena reports that some people seem concerned about what running freezers all day and all night long does to the environment. "People are concerned about our carbon footprint. But compared to flying in berries from South America all winter, long-freezing of fruit from Michigan saves a lot of fuel and energy," she explains. She found a farmer in Ohio who grows edamame soy beans. "Most of the edema me you buy is shipped all the way from China, but ours is from 90 miles away in Ohio!" Find out more about Rena Basch and Locavorious, at www.locavorious.com. Phone Rena at (734) 276-5945 or email rena@locavorious.com

New *Farmer Fund* micro loans are allowing *Selma Cafe* to fund more hoop house builds than ever before. Jeff McCabe and Lisa Gottlieb, the Old West Side couple who host weekly neighborhood breakfasts at their home every Friday, have already raised money for 10 hoop house builds on small farms in the area. The new *Farmer Fund* micro loans will build an additional 25 to 30 hoop houses in 2011, Jeff hopes.

One of the biggest benefits that hoop houses offer farmers is that they extend the growing season. You cannot grow everything during Michigan's freezing Winter months, but you can still grow many varieties of leafy greens and other produce in a hoop house as the temperature drops. Their cost varies, but Jeff says the average cost of the ones that Selma money has paid for is about $8,500 a pop.

The *Farmer Fund* officially launched in September 2010, with a fundraiser at Grange Kitchen and Bar. Since then, donors from the community have pledged approximately $40,000 to the fund (as of November 2010), which accounts for 70% of the project's initial coffer. Donations collected at Selma breakfasts will account for 30%. Jeff has a plan to build 20 hoop houses in the 20 days leading up to July 4th, 2011. "Scheduling to build them by the 4th of July was intentional. It's a good time of the year to celebrate, but also it's a good time for the farmers to have the hoop houses and start using them," he says.

Jeff McCabe has a plan to build 20 hoop houses in the 20 days leading up to July 4th, 2011. "Scheduling to build them by the 4th of July was intentional. It's a good time of the year to celebrate, but also it's a good time for the farmers to have the hoop houses and start using them."

Another ambitious project on the horizon -- "We are establishing a **business incubator for farmers**," Jeff is excited to report. Speaking with him in late

Continued on page 10

What's New in the Community

Continued from page 9

November, Jeff tells me he is still looking for property for the "farm campus," but the project has already received grant funding from the USDA. The incubator "won't teach people how to farm," he explains. Rather, it will be geared toward small farmers who need support learning the ins and outs of "farmer ownership and creating their own businesses," he explains. Keep an eye on the local news for updates in early 2011. Find out more about the *Farmer Fund* and *Selma Cafe* online, and keep updated on their blog, at www.RepastsPresentandFuture.org

Bio Energy Medical Center husband-and-wife owners Dr. James and Patricia Neuenschwander - along with their staff of diverse wellness practitioners - are enjoying being in their new building, at 3131 Professional Drive. Patricia, who works as the office manager says, "We were looking to expand our size, but we were also really interested in improving the environment we were in." The new office's design is more environmentally-friendly and inviting," according to Patricia. The move has also allowed them to update some of their equipment and leave room to expand their services in the future.

People aren't necessarily sick when they visit Bio Energy Medical Center. "What we do is really promote wellness, and we're about preventative medicine," Patricia explains. They designed the new space to have "a spa-like feel," with soft lighting and relaxing music and nature sounds. "The feel is really welcoming and warm, which I think is really important to people who are looking for more of a wellness or preventative type of care. They don't want to walk into tile floors and florescent lighting like you see at the hospital. If they are not ill, they don't want to go into a place that will make them feel like they are ill.

"Keeping the design green also makes the space more inviting and comfortable for people, according to Patricia. For example, people with allergies and sensitivity to strong smells and chemicals can breathe easy. "We use all natural flooring, like our linoleum (which is all natural and non-toxic) is set in a water-based glue that doesn't have the high level of toxicity that many types of glue have," she explains. The floor in the foyer is polished concrete with a stone-like appearance. "The concrete was already there, so we took advantage of the opportunity to 'recycle' the floor," she says. Bamboo flooring in many of the rooms doesn't only add to the center's spa-like feel, it is also "breathable and environmentally-friendly," she adds.

Bio Energy Medical Center offers a wide range of holistic services. Dr. James Neuenschwander M.D. takes a holistic approach to health, offering homeopathic and herbal solutions, and a long list of wellness therapies. He also has been doing a good deal of work treating childhood autism, and the Center also is involved in helping patients with infertility issues. **Dr. Weili Wang** offers Chinese Acupuncture. **Dr. Umangini Desai** is an E-map Supervisor and practices Constitutional Homeopathy. **Brandy Boehmer** offers Colon Therapy, Massage Therapy, and Bio-Cleanse Detoxification. **Karen Perkins** is a paramedic who helps with IV Therapy. The center also has two Nurse Practitioners, **Mary Markle** and **Laura Goldman**, who assist Dr. Neuenschwander with his patients.

Yoga and meditation teacher, colonic hydrotherapist, and detox specialist Nancy Gurney

During the move, the Center updated some of its equipment. "We haven't really added new services since moving, but we've improved on our services," Patricia says. They bought new "top of the line" Colon Therapy equipment, upgraded other types of equipment, and installed new reclining chairs and pillows in the IV Therapy room. In the future, Patricia would like to see the center add a new practitioner - perhaps another Nurse Practitioner who "specializes in pediatrics and takes a more 'integrated approach' to patient care," she says. *Bio Energy Medical Center* is now located at 3131 Professional Drive. Find out more about the Center at (734) 995-3200 or email DrNeu@BioEnergyMedicalCenter.com

"You can smell how good it still tastes as soon as you open the bag." (See page 9)
Rena Basch of Locavorious

Yoga and meditation teacher, colonic hydrotherapist, and detox specialist Nancy Gurney is teaching new Restorative / Yin Yoga classes and adding "ear coning" treatments to her wellness business, *Creative Life Flow*. Restorative Yoga and Yin Yoga can be paired together, as in Nancy's new class. However despite some similarities, they also offer different benefits. Restorative Yoga, "is generally used when people are recovering, or they have an injury or chronic ailment," she says. On the other hand, Yin Yoga "mostly stretches the deeper connective tissues in the lower part of the body, from the belly down. Restorative Yoga uses more props, while Yin Yoga requires long poses that you hold for a while, which requires some endurance," Nancy says. Despite their differences, Restorative and Yin Yoga are a good pair, because "they both stimulate and nourish the energy body," and "complement each other well," she thinks.

Nancy teaches Restorative/Yin Yoga classes at A2 Yoga (2030 Commerce Blvd.) on Fridays from 7:15 p.m. to 8:15 p.m.

Nancy also recently added "ear coning" or "ear candling" to her list of services. "It is intended to remove earwax (cerumen) and toxins from a person's ear by means of a hollow candle placed in the ear," according to her website write-up. She is looking forward to seeing how her clients will benefit from the treatment, but "from what I've heard so far, mostly people report being able to hear better," she says. For more information about Nancy Gurney and *Creative Life Flow*, visit www.creativelifeflow.com. Phone her at (734) 674-0922 or email n_gurney@yahoo.com

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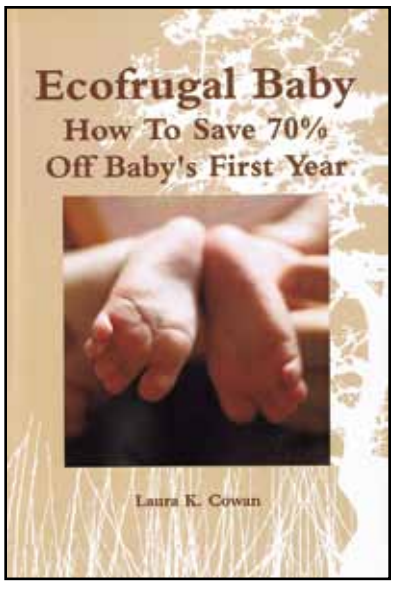


***Ecofrugal Baby: How to Save 70% Off Baby's First Year*, a new book by local author and editor, Laura K. Cowan, is packed full of practical advice for how to stay environmentally-friendly and save tons of cash on baby supplies at the same time.** The recent first time mom quickly "got a reputation for knowing how to save money on baby supplies and seeming like I never paid for anything," among her friends, she says.

Having a kid is expensive - around $10,000 a year by Laura's estimate. Aside from being a brand new mom, she was also newly laid off from her job as a book and magazine copyeditor a month before she got pregnant. "My job became saving money. I made couponing a game. I didn't just want to find 20% off, I wanted to combine it with something to make it 40% off and maybe something else that would make it 60% off," Laura says. All the money she saves goes towards her daughter's education fund.

Having a kid is expensive - around $10,000 a year, according to Laura K. Cowan, local author of *Ecofrugal Baby*. Aside from being a brand new mom, "My job became saving money. I made couponing a game. I didn't just want to find 20% off, I wanted to combine it with something to make it 40% off and maybe something else that would make it 60% off." All the money she saves goes towards her daughter's education fund.

Then, Laura got the idea that she should put all of her "green money-saving tips" into a book. "I wanted to help other new parents avoid that mystified dazed feeling of what do I need and how do I get it and then how do I save money. I know that most people aren't as obsessed about research as I am - as a writer and editor, that's what I do. I wrote the book so that other people don't have to repeat the research I've done," she says.

To prepare to write her book, she needed a way to compile her thoughts and start getting her advice out there. In April 2010, she launched www.29diapers.com, a blog that gives advice about "ecofrugal" budgeting methods like using cloth diapers instead of disposable ones. "Even before I started the website and book, I found myself sending the same email over and over again to my friends who were pregnant or new moms. I also got a reputation for always trying to convince my friends to use cloth diapers," she says.

Laura discusses cloth diapers in the book. "It's one of the rare green products out there that is actually cheaper than the alternative. They are way better for the environment and you can argue that they are healthier. There's really no downside," she says. You can save about $1,000 dollars a year and keep one ton of trash out of the landfill," she reports.

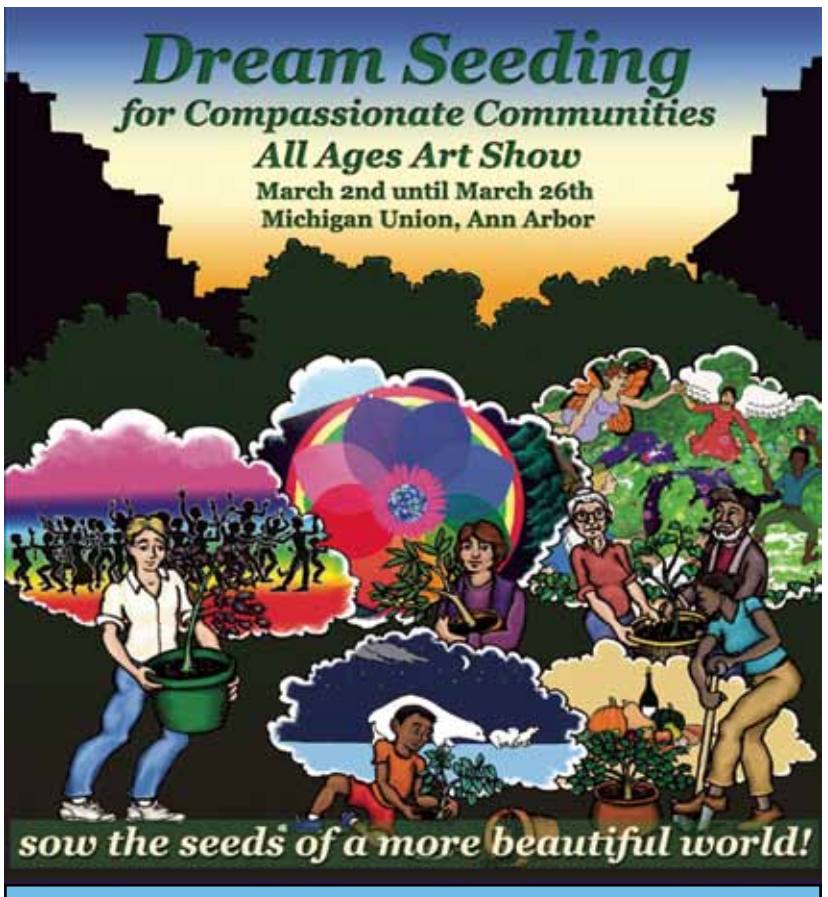
Ecofrugal Baby covers a range of topics from car seats, to food, to entertainment, and beyond. It gets very specific about how to save money and stay green, by packing in tons of links to useful websites and stores. She includes a "Baby's First Year Savings Calculator" at the end of the book that can serve as a shopping checklist.

The book also discusses ways to save money by trading hand-me-downs through "Free Cycle" email groups, combine sales by finding promo codes and coupons online, and taking advantage of blog give-a-ways. Her advice; "Don't settle for a typical sale. Throw everything you've got at it!" she laughs. Laura regularly does blog give-a-ways on her www.29diapers.com website.

Laura will host a "mom and baby tea" at Crazy Wisdom, on April 19th beginning at 3:30 p.m., entitled "5 Ways to Save $7,000 Off Baby's First Year." She will give attendees advice about "ecofrugal" spending habits and sign copies of her new book. Buy copies of the book online or download a PDF version, at www.lulu.com/spotlight/laurakcowanatgmaildotcom

Upcoming Events

Crazy Wisdom's own Chris Bednash is organizing his fourth installment of "Dream Seeding," an all-ages art exhibition at the Michigan Union, which will be on display March 1 - 31, 2011. This year's exhibition, "Dream Seeding: For Changing Realities," asks any artist who wants to participate in the show to "envision a better world, whatever that means to you," Chris says. If you are an artist working in any medium at any skill level, you can sign up to be in the show until February 14th (Chris will consider late submissions, if there is room left over).


Dream Seeding
for Compassionate Communities
All Ages Art Show
March 2nd until March 26th
Michigan Union, Ann Arbor
sow the seeds of a more beautiful world!

This year's exhibition, "Dream Seeding: For Changing Realities," asks any artist who wants to participate in the show to "envision a better world, whatever that means to you," Chris Bednash says.

Chris considers himself "a big peace and justice activist," he says. However, he is seemingly much more positive than many activists. "We can't only point out what is wrong in the world. We have to actively think and talk about what we want to see for the world. That's not meant to disrespect activists who point out the bad stuff, but one of the more difficult things someone can do is point out how they want to see it solved," he says.

The U of M Art and Design school grad, puppet-maker, and long-time Assistant Manager at Crazy Wisdom Book Store, got hooked up with the Michigan Union space through his long-time connection to Deb's House, an Ann Arbor co-op where he lived since graduating from art school in 1999 (he doesn't currently live there, but he maintains strong ties to the co-op). The co-op is a member of the Inter Co-operative Council, which has a good deal with the U of M to use spaces on campus for arts programming. In 2003, Chris threw his first "Dream Seeding" show on North Campus, and he really enjoys using the Michigan Union now.

Adults, college students, and K-12 kids will show work in the exhibition. The point is not to limit the exhibition to professional or advanced artists, although some will participate. Rather, Chris hopes participants will focus on sharing their dreams and visions of a better world from their own personal perspectives, regardless of their level of skill or life experience.

The meaning behind the title, "Dream Seeding" is the "idea of creating a new world. We have to seed our dreams and thoughts we share in the collective *un*-conscious. It starts as a dream and, if we are lucky, it manifests in reality," he says. Chris thinks art is a great way to "share our solutions with each other," because "it's a relatively safe way to express our thoughts and opinions in a tangible, visual form."

Chris reaches out to a lot of schools and encourages teachers in Washtenaw County, metro Detroit and the surrounding area to plan class projects for "Dream Seeding." He is looking forward to seeing what middle school students at the Ann Arbor Learning Community are making for the upcoming 2011 show.

Not wanting to be left out of the fun, Chris is working on a six foot tall turtle to show in the exhibition. Over the summer, around 300 kids helped work on it at the Ann Arbor Art Fair, and Chris has collaborated with even more artists on the turtle at "Art Nights" at Deb's House Co-op. Find out more about "Dream Seeding: For Changing Realities" and view submission guidelines, at http://dreamseeding.org/art

The first annual "Michigan Good Food Film Festival" will screen short films by Michigan residents, college students and K-12 kids, on February 28th beginning at 6:15 p.m. in Washtenaw Community College's (WCC) Morris Lawrence Building. Lead organizer, Victoria Bennett, is an Academic Administrative Associate to the Dean of Business and Computer Technologies at WCC. Victoria plans special projects and events, and she has "a strong personal interest in food," she says.

Continued on page 12

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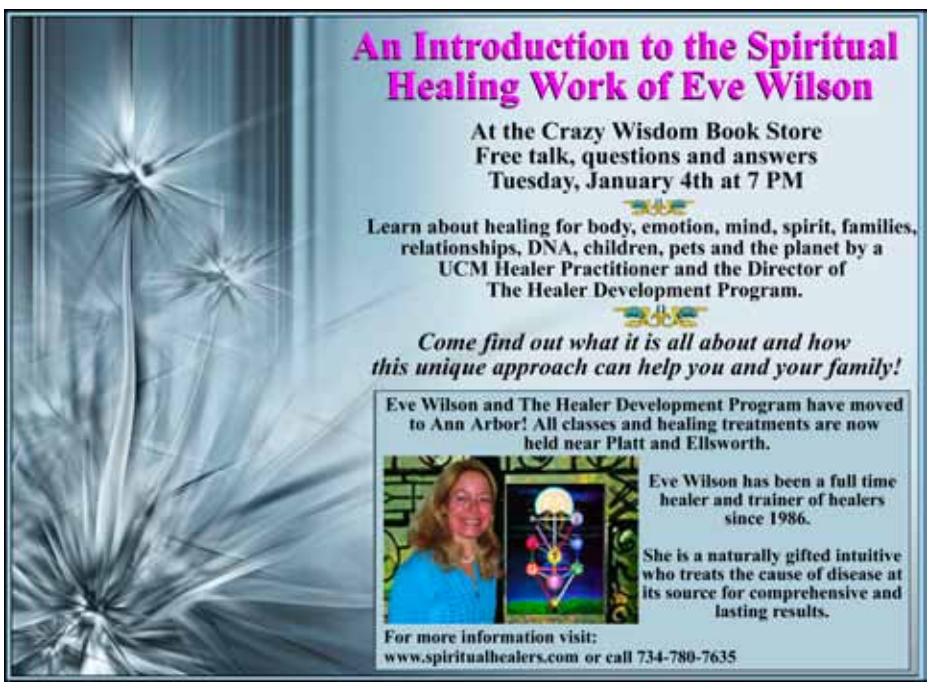
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What's New in the Community

Continued from page 11

The event is supported by the Food System Economic Partnership, WCC's Digital Video department, Slow Food Huron Valley, and Whole Foods. Victoria says the idea to host a film event about food came together when WCC was looking for ways to get the word out about their strong digital video program, which recently acquired one of the only green screens available to college students in Michigan. She says she also had a conversation with Slow Food Huron Valley's Director Kim Bayer about "how it would be great to do a film festival highlighting food, and how we needed to have one in town."

The program will run for about 2 hours and feature a boatload of 30 second and 3-5 minutes shorts produced by adult Michigan residents, college students, and K-12 kids. Victoria expects to see a wide range of subjects, styles, and skill levels among the films people are submitting to the new festival. But in general, the film festival poses a basic question, *what does good food mean to you?* "I expect to see everything from a memory of your grandmother's cooking to a political statement about food systems. It could really be anything," Victoria says.

Posing a broad question and "leaving it wide open" for interpretation was very intentional. "We hope the films people submit will help us survey what members of the community are thinking about [when it comes to good food], which teaches those of us involved in the food movement what good food really means to people out there in the community," Victoria says. Plus, the best thing to do with a brand new event is to "put out ideas for things we'd like to see and then see how people respond. We could end up really surprised with the result - who knows," she explains.

A panel of judges, comprised of film experts and food experts, will select winning films. Attendees will also be able to vote for their favorite film at the festival and the winner of the "Viewer's Choice" award will be announced the following day at HomeGrown's annual "Local Food Summit" on March 1st. Find out more about the "Michigan Good Food Film Festival", at http://migoodfoodfilmfestival.blogspot.com

Save the date: The annual "HomeGrown Local Food Summit" is scheduled for March 1, 2011. For the last few years, the summit has been bringing together local food experts, farmers, restaurateurs, community leaders, and anyone who holds a stake in the local food movement. Last year, over 200 people attended The event includes brainstorming sessions, workshops on a wide variety of issues related to food and farming, and tasty local food to eat during the day-long event. Keep an eye out for the latest updates about the HomeGrown Local Food Summit and link to their vast list of participants (which constitutes a heaping list of local foodies who are very active in the local food movement), at http://localfoodsummit.org

Don't forget about "The Ark's Annual Storytelling Festival." The event, now in its 24th year, will be held at the Ark on February 19 at 7:30 p.m. and a "Story Telling for Kids" will be held on February 20 at 1 p.m. The upcoming Saturday night event will feature "talespinners from far and wide," as always, according to the website. Author, theologian, and banjo player Ed Stivender from Philadelphia will perform at the event this year, along with others TBA. On Sunday, storytellers featured in the show the previous night will do a "family edition" with "tales tailored to young listeners." The Ark is located at 316 South Main Street. Find out more about The Ark and the annual "Storytelling Festival," at http://www.theark.org

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Mental health counselor Melissa Gratzinger uses "expressive therapies" to address her clients' challenges. Beyond using talk therapy to work through clients' issues, Melissa likes using a number of creative and expressive methods - like Sandtray Therapy, MARI assessments (a Jungian tool), and art therapy using Mandalas, as well as other types of "therapeutic creativity," like mask-making and journaling. Sandtray Therapy seems like her favorite. The method uses a literal tray of sand, into which you place small objects and create a scene. **(See page 13)**

New Classes

Writer and writing coach Jeannie Ballew is offering a new non-fiction writing workshop, "Author's Boot Camp." Five week sessions meet on Thursday nights from 6:30 p.m. to 9:00 p.m., from January 13 to February 10 and March 17 to April 14. Jeannie is a professional writer with over 20 years of teaching and training experience, and she facilitates the "Ann Arbor Writer's Workshop" writers' group. Aside from running workshops, she coaches writers one-on-one and in small groups through her business *Edit Prose*. She prefers to keep her workshops small, six people, to make sure there is enough time for ample individual attention.

Jeannie takes her non-fiction writing workshop students through various steps involved in the writing process to get them to "the point where they feel confident to finish an outline of their entire manuscript and feel ownership of the big picture," she says. They are exploring "how to flush out your market audience and identify your purpose, goals, style, tone, and all of that before even beginning the actual manuscript," she explains.

The workshop begins with a group exercise. Everyone works together on the same story, at first. "I give them a case study for a book idea and lead them through the steps all together. For example, I have them pretend they are an investigative journalist and they are writing a book on cell phone safety," she explains. After working through the steps together, Jeannie gives her students time to apply what they have learned to their own book outlines and manuscripts. "Then I rotate around and work with people individually, so there is a lot of one-on-one attention," she says.

The writer throws out a great analogy: "It's like I take them on a helicopter ride over the territory, and they get to look down and see it for miles. They can think, wow, is all this mine? I hope they will feel excited to get out of the helicopter and go explore on foot!"

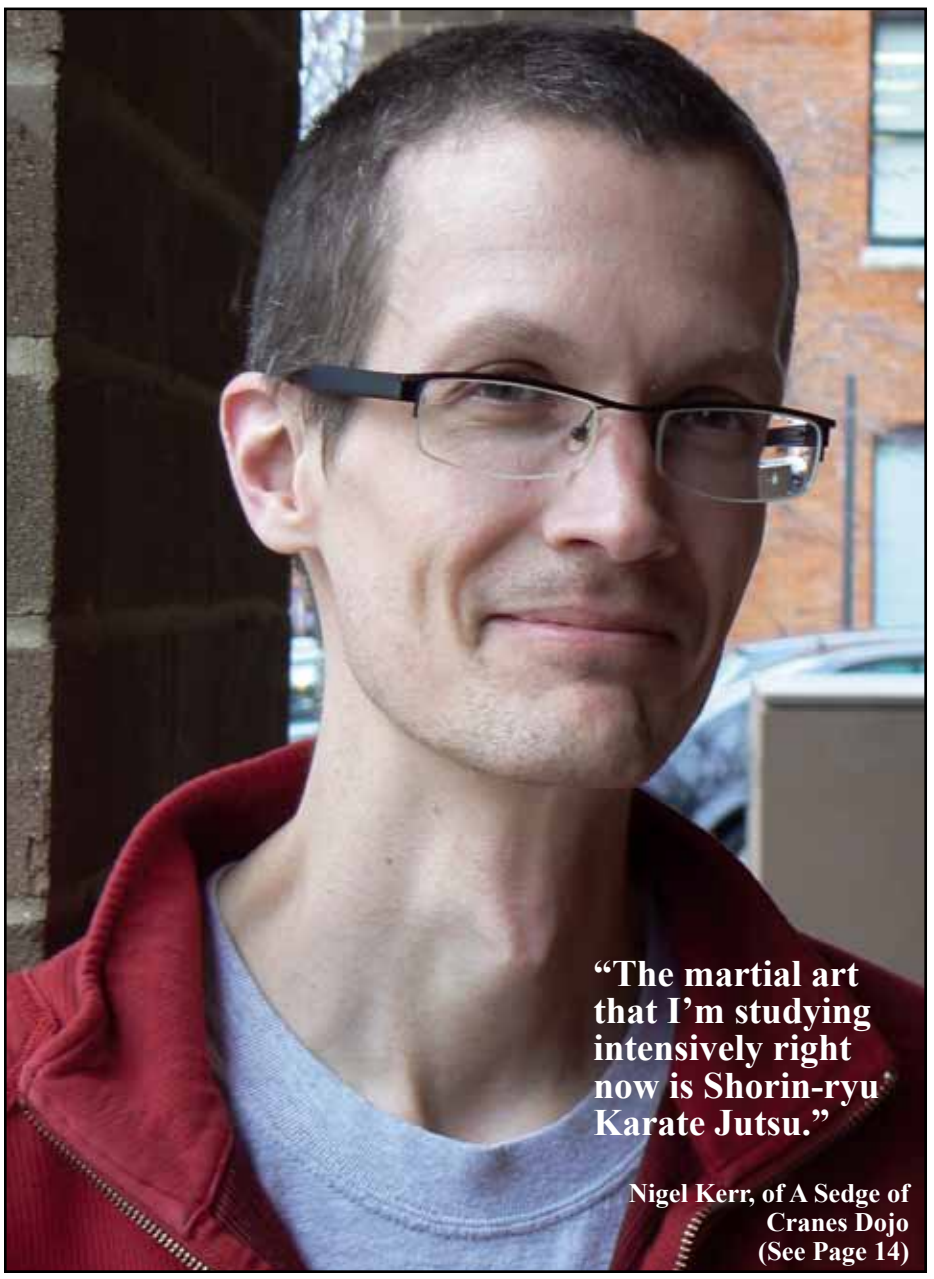
Many of the writers Jeannie works with are looking to get published. "I try to help people think about the business end of things and keep their goal of getting published in mind when they are writing," she says. However, writers working on personal memoirs that only their families might ever read have attended the workshop. Although she mostly works with non-fiction writers, she also welcomes interested fiction writers to inquire about her coaching services and workshops. Find out more about Jeannie Ballew's coaching services, at www.editprose.com

Birmingham-based dance instructor and yoga teacher Amy Tranchida has tons of classes planned for early 2011. Readers living in many different cities and towns outside (but still relatively near) Washtenaw County will find Amy teaches in their neck of the woods. The forms of Yoga she teaches include Hatha, Slow Flow, Vinyasa, Yin, Power, Restorative Yoga, Yoga for Healthy Backs, and Yoga for Dancers. Amy also teaches many different types of ballroom dance, including Waltz, Tango, Salsa, Merengue, Cha-Cha, Rumba, Samba, Argentine Tango, East Coast Swing, West Coast Swing, and Hustle. You can find her teaching classes at Rochester Holistic Arts,www.rochesterholisticarts.com, Dance City in Birmingham, http://dancecitybirmingham.com, Tiger Chung's dojo in Clinton Township, www.tigerchungs.com, the Troy Community Center, www.troymi.gov, Kerry's Dance Stages in Lake Orion, www.kerrysdancestages.com, Fitness Rx in Ray Township, www.fitnessrxonline.com, Dance Dynamics in Walled Lake, www.dancedynamicsmi.com, The Dance Studio in Romeo, www.thedancestudioinc.com, and School Bell Child Care, www.schoolbellchildcare.com Beyond offering classes for groups, Amy also offers private yoga and dance instruction to individuals and small groups. Find out more details about Amy Tranchida's classes in your area on her Facebook page, www.facebook.com/amy.tranchida Email her at atranchida@hotmail.com for more information.

New Businesses and Practitioners

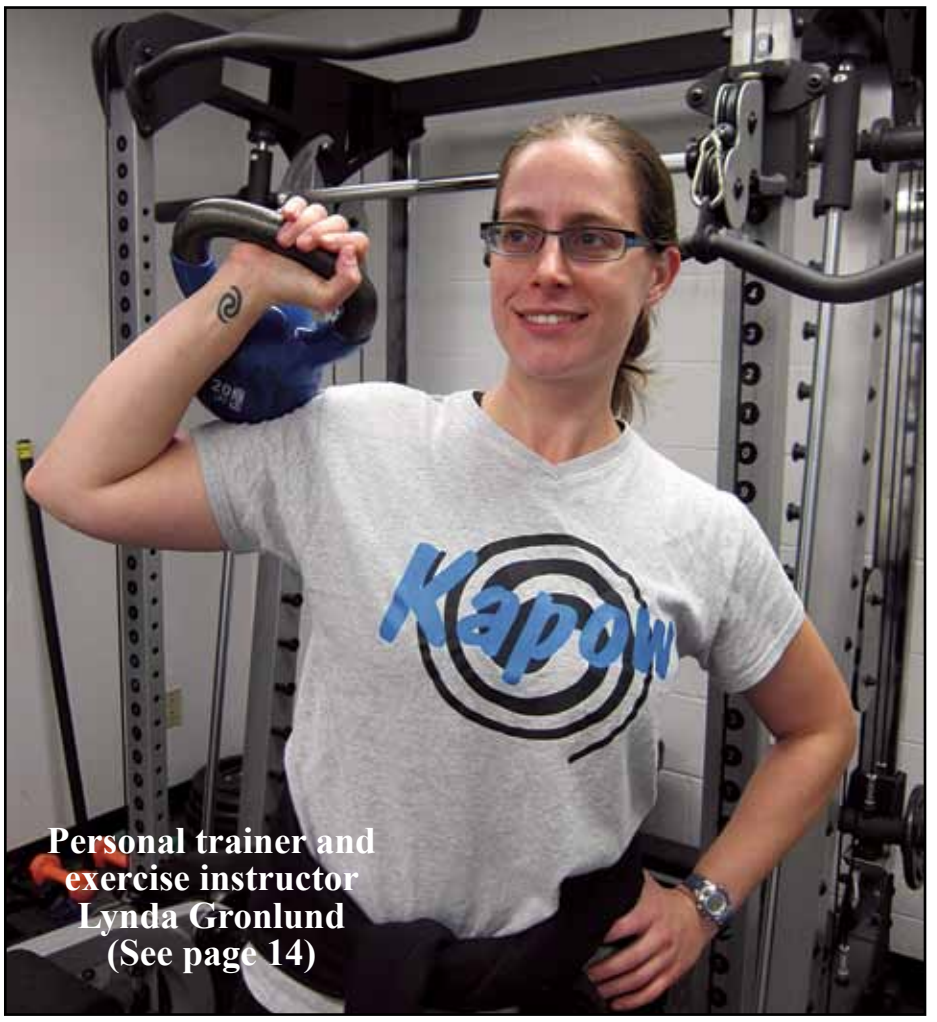
Mental health counselor Melissa Gratzinger uses "expressive therapies" to address her clients' challenges through her new business, *Creative Mind Counseling*. Beyond using talk therapy to work through clients' issues, Melissa likes using a number of creative and expressive methods - like Sandtray Therapy, MARI, and art therapy using Mandalas, as well as other types of "therapeutic creativity," like mask-making and journaling.

Sandtray Therapy seems like her favorite. The method uses a literal tray of sand, into which you place small objects and create a scene. Melissa has myriad "tchotchkes" in her office, which she collects from places like thrift stores or souvenir shops when she is traveling. "I find them everywhere. I go to pet stores and buy things you put in aquariums like little bridges and archways. I get doll house materials for doors and kitchen objects. Every time I go on a trip, I pick up cultural objects and things that represent that area. It's really a pretty fun collection to have," she smiles.



"The martial art that I'm studying intensively right now is Shorin-ryu Karate Jutsu."

Nigel Kerr, of A Sedge of Cranes Dojo
(See Page 14)



Personal trainer and exercise instructor Lynda Gronlund
(See page 14)

It seems a little bit reminiscent of how I used to play with dolls and action figures in the sandbox as a kid, but "play therapies" like Sandtray Therapy work just as well for adults as they do for children, according to Melissa. She has found the method is quite effective when counseling young people. "It's easier for kids to express themselves when they don't need to use words." However, she stresses, "That's true for a lot of adults too."

"Doing something creative creates a visual image for thoughts, emotions, and family dynamics that are usually intangible or subconscious. You can talk about the issues you are having from the objects' perspectives rather than your own, which means keeping it in the tray at a safe distance. You really don't even need to talk about what you make in the sand tray with me at all. The act of doing it and processing it silently is enough sometimes," Melissa explains.

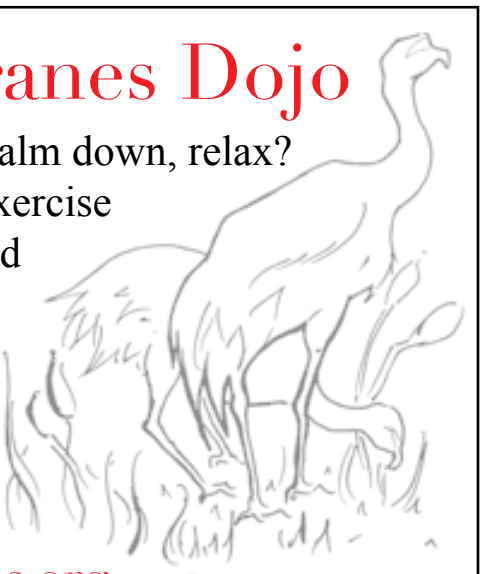
Melissa also likes to use Mandala art therapy and MARI assessments - a Jungian tool using a deck of symbolic cards and a board. These various methods of mental health counseling require a person "to intuitively choose symbols or colors. When you are making a Mandala, you choose certain colors that you are drawn to, just like you choose objects to put in a sand tray." To do a MARI assessment, she asks clients to choose symbolic cards based on some of Jung's archetypes. "Colors, objects, and symbols frequently carry universal meanings that most people associate with particular thoughts or feelings," she says. Although every individual attaches their own personal meaning to things, Melissa says at least half the time people attach similar meanings to certain objects, symbols, or colors. But ultimately, "their own personal meaning is the most important meaning," she explains.

Sarah Love, a buddy of Melissa's since college, is helping develop *Creative Mind Counseling* "behind the scenes" right now - until she finishes her MA in community

Continued on page 14

Sedge of Cranes Dojo

Need to relieve stress, calm down, relax? Tai-Ki is a meditative exercise focused on breathing and slow purposeful movement. Intro and ongoing classes in January. Please call or see our website!



http://sedgeofcranes.org
Nigel Kerr, Sensei: 734-845-7917

What's New in the Community

Continued from page 13

counseling at the end of the 2011 school year. After she graduates, Sarah plans to take a bigger role in the business and start offering services, but until then she is helping develop ideas for workshops and working on their newsletter.

Melissa will teach two workshops that are part of Washtenaw Community College's continuing education program. A "Mandala Process Group" meets the 3rd Saturday of the month beginning January 15, and Melissa's "Introduction to 'Creative Counseling will happen January 29th. Find the latest information about Melissa Gratzinger's workshops and counseling services, at www.creativemindcounseling.com. Phone her at (734) 956-0051 or email info@creativemindcounseling.com

Personal trainer and exercise instructor Lynda Gronlund opened her new business, BalancePoint Fitness, last November. Lynda offers one-on-one personal training and group classes including kickboxing and yogalates, as well as a number of other classes that cover "cardio, strength training, and stretching - I like to combine these things," she says.

Lynda was certified by the American Council of Exercise, in 2008. Before opening BalancePoint Fitness, last Fall, she rented space from the Meri Lou Murray Recreation Center and did in-home personal training. She also teaches Tang Soo Do Karate and self-defense at the Professional Karate Schools of America (PKSA) school in Ann Arbor, with which BalancePoint Fitness shares space. She taught kickboxing at PKSA until opening her business. "BalancePoint point is definitely separate from PKSA even through some of the space is shared," she explains. Fellow PKSA martial arts and kickboxing instructor Jibril Naeem also teaches classes at BalancePoint Fitness and he has also done "Boot Camps" at the studio.

Lynda says her kickboxing classes "are good exercise, but it's not just about exercise. I incorporate martial arts moves, I cover a little self-defense in class, and there is strength training thrown in, too," she says. "I think most people probably come for the workout and end up finding the martial arts and self-defense stuff really valuable," Lynda explains.

Some of the other classes offered at BalancePoint Fitness include "Boot Camps," which are "intense and very loosely based on a military boot camps. We jump over things and climb under things and do pushups. But I'm not a drill sergeant. I don't bark at people but try to push them," Lynda says. Also, "Group Circuit Training" and "Fitness Mix" classes incorporate many different kinds of exercise. Lynda likes to "change things up a lot," she says. For example, "Group Circuit Training" rotates people through different stations, which change from session to session. "Changing up your workout without resting in between keeps your heart rate up the whole time. It's about 'muscle confusion'. When you change things up, you avoid plateaus because your body is always being challenged in new ways to keep getting stronger and stronger," she explains. BalancePoint Fitness is located at PKSA Karate (3770 Plaza Drive). Find out more about the studio and Lynda Gronlund, at www.bp-fit.com. Call her at (248) 739-0841 or email BalancePoint.Fitness@gmail.com

Karate instructor Nigel Kerr recently created his new business, *A Sedge of Cranes Dojo*. He is currently teaches classes at the Phoenix Center (220 South Main Street) on the art of Tai-Ki. Tai-Ki is Japanese martial art created by the founder of Juko-Kai International (JKI), Rod Sacharnoski. Nigel started his martial arts studies at JKI's *White Crane* dojo in Ann Arbor, before it moved to Dallas where JKI is headquartered. Now he travels to Dallas to continue his own study of Tai-Ki and other martial arts styles.

A computer programmer by trade, "back in 2008, I was in need of exercise," Nigel says. He has tried yoga and pilates, but "I had trouble sticking with anything," he adds. After discovering the art of Tai-Ki, he was hooked. "Then I got to a point when I knew that in order to get better at it myself, I would need to help others apply it - you learn a lot from teaching someone else."

What Nigel particularly likes about Tai-Ki: "I find it very meditative. The moves are very precise but flowing at the same time. There are a lot of health benefits and it's good for stress. Its good exercise, but not like aerobics - it's slower and you hold things for a long time. It can be very relaxing." Although, "all forms of martial arts [have] some sort of self-defense aspect at their root," doing martial arts "isn't always about learning how to fight," he says. In Japanese, Tai-Ki means "Body Energy," and the style "focuses a lot on breathing along with the movements you are doing" and "bringing balance to the body and the body's energy," he explains.

Nigel plans to teach other types of martial arts in the future. "The art that I'm studying intensively right now is Shorin-ryu Karate Jutsu," another style developed by JKI. "I have a ways to go," but after he achieves his black belt, he will be ready to start offering the style to his students. Find out more about Nigel Kerr and A Sedge of Cranes Dojo, at http://www.sedgeofcranes.org. Phone him at (734) 845-7917 or email nigel.kerr@gmail.com

Milford-based media and marketing specialist and healing practitioner Roberta Peterman recently opened a new holistic business, *Light Plus Wisdom Consulting*. Roberta launched her business last fall, by beginning to offer workshops on "Mind Nutrition" that explore how the media - news, T.V. shows, movies, books, etc. - have "vibrational consequences" on people's stress levels, emotional state, and general well-being, she explains. She also does esoteric healing, Reiki, and Quantum Touch. She has two workshops on "Mind Nutrition" scheduled for January 2011 with plans to do more down the road. She is also looking forward to working with people one-on-one or in groups to help them plan "a nourishing media diet," she says.

Roberta's "Mind Nutrition" workshops will be held at the *Center for Integrated Well-Being*, in Plymouth. Level I, entitled "Think about what you are thinking about (or what are you feeding your Mind?)," will happen January 15 from 1 p.m. to 3:30 p.m. and Level 2, entitled "Think about what you are thinking about next steps (or tools to feed your mind a healthy diet!), is scheduled for January 29 from 1 p.m. to 3:30 p.m.

Just as a food pyramid suggests eating ample servings of foods like bread, fruits, and vegetables, while snacking on sugary treats sparingly, "Mind Nutrition" encourages people to consider what types of media exposure are "the most nourishing" to their emotions, psyche, and spirit and what types are "best consumed sparingly," according to Roberta. She even has her workshop participants fill out a "Mind Nutrition" pyramid and encourages them to consider how "the diet that they feed their minds impacts the way they feel and a lot of other aspects of daily life."

"Everyone reacts differently to certain types of imagery - like violent imagery in a horror movie, for example. Some people can watch violence and they are fine, but if you watch a really violent movie, then it will have some effect on how you feel. Many people get really disturbed," Roberta says. You can think about it "like chocolate cake," she smiles. "It's fine to consume sometimes, but if you have a steady diet of eating chocolate cake, you're going to have a problem," she explains.

Her workshops also give participants "historical background - the history of television and communications leading up to what the media is like today," Roberta explains. She uses a T.V. to screen clips, creates PowerPoint presentations, and pulls video from Youtube and other sources to show during her workshops. Find out more about Roberta Peterman and *Light Plus Wisdom Consulting*, at http://lightpluswisdom.com. Call her at (248) 212-8801 or email lightpluswisdom@comcast.net.

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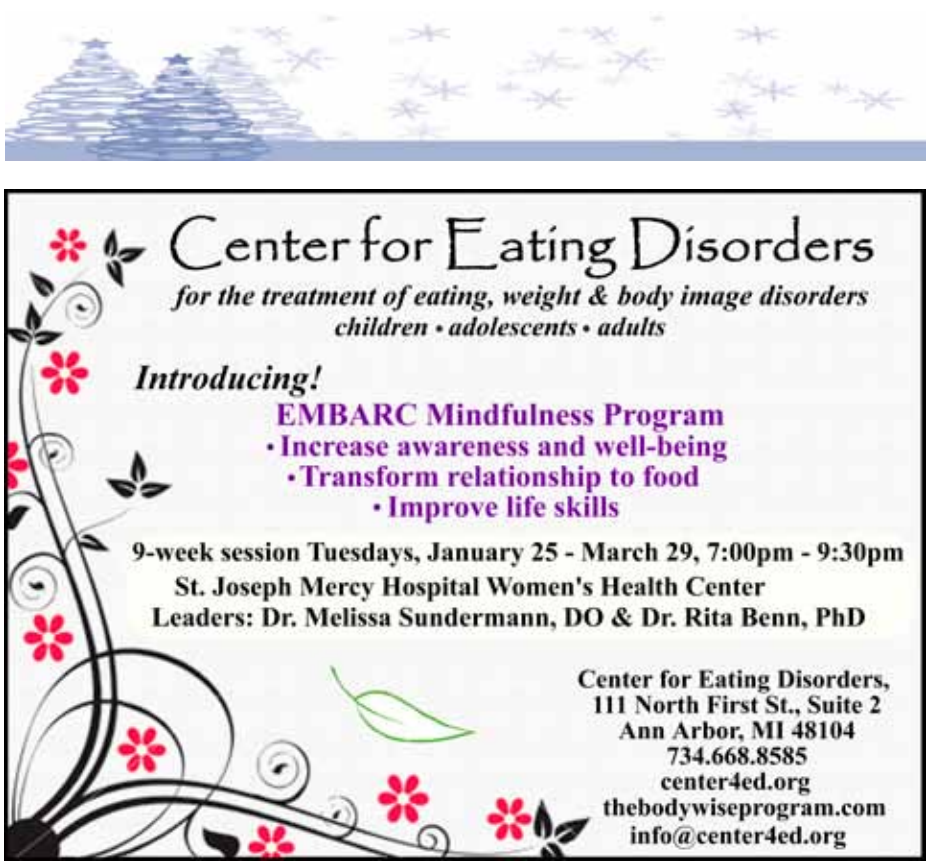
Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (May through August 2011) is March 1, 2011.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Sustainable Health

By Judy Stone, CN, MSW

The Road Less Traveled: Making Unconventional Medical Choices

(The points of view expressed in this article are those of the author. In addition to being our Sustainable Health columnist, Judy Stone is also a board member of the Michigan Nutrition Association.)

By Judy Stone

I wonder if it's universal among baby boomer 50- and 60-somethings in a place like Ann Arbor? We hold fast to the idea that all our efforts toward staying healthy will buy us more time, will insure that we stay ahead of the wave. We pay attention to what we eat, we exercise, we meditate or practice yoga, we detox, and we take whatever supplements we think will keep the noodle functioning and our heart pumping.

Yet sooner or later, the wave hits. There is an "event," a symptom, a test result. If we're lucky, we only get drenched — rather than being tossed around by the wave or, worse, dragged under, where we have to fight to get to the surface to find air and catch our breath. But the illusion that our body can keep going and going and going is shattered; our attention is called inward.

In my parents' generation, there was an expectation that something would go wrong with health; it was just considered part of aging. There were fewer treatment options, less understanding of disease, and certainly less of an expectation of the longevity we see possible now. With few exceptions, there was no question that one would follow a doctor's recommendation for drugs, surgery, chemotherapy, radiation, or whatever was considered the standard of care for the condition.

But among many boomers and beyond, there is a vastly different ethos that guides how we meet health challenges. Broadly stated, it's the idea that when something goes wrong, we are not simply passive victims of our genes or of cells gone rogue. Illness provides an opportunity to examine life choices, as well as choices in how we respond to a diagnosis.

It's not the route for everyone. In *Love, Medicine, and Miracles,* Bernie Siegel, MD, says that, given a choice between lifestyle change and surgery, eight of ten will opt for surgery. But for the other two, what makes traveling that least-taken-path more possible?

Recently I was advised that, due to high eye pressure, I needed laser eye surgery as soon as possible, to avoid the possibility of glaucoma and vision loss. You can be sure that my first question was not, "Can't I just eat more carrots?" I'd like to say that I had the presence to think about why eyes that had been stable for decades now suddenly needed holes poked in them with lasers, but I didn't; I made the appointment for 48 hours later.

It's easy to be unconventional, self-reliant, and even somewhat cocky about standing outside traditional medicine when the stakes are low. But when life raises the ante, where do courage and clarity come from?

The day between the eye exam and my appointment with "Dr. Power Ranger," I saw an energy healer. And it was she who helped me to reconnect with my inner knowing. We did energy work on my eyes and the energy meridians connected to them. But, probably more importantly, we talked about life choices I had made recently that conflicted with my life vision, and in an instant I saw one aspect of the problem — I was physically manifesting the pressure to limit my vision.

When I went for my surgery the next day with "Dr. Power Ranger," my eye pressure was normal. I felt that, given this news, I'd bought some time to reflect and investigate choices, and I declined the surgery. I started to explain this to the surgeon; I guess I wanted him to know I wasn't being careless. But he couldn't have been less interested. "It's your decision," he interrupted, "but I *strongly* urge you to have the surgery" — a phrase he repeated two more times before I left.

Fear of losing my eyesight had caused me to lose sight in a different way. I "forgot" what I know and believe about the nature of illness and the nature of healing. It was only 24 hours between making the decision to have the surgery and stepping back from it, but, in that time, I came close to having a procedure with significant risks -- without a process of inquiry that was true to my self.

I started thinking concretely about what people need in the face of alarming medical news, in order to make thoughtful, well-examined decisions that may or may not lead us away from the medical standard of care. We're often alone in a doctor's office, being presented one point of view very persuasively, as if it's the only point of view. They are so certain, and we — while being flooded with information that is new to us, usually out of our realm of knowing, and delivered when we are most vulnerable — are expected to make life-altering decisions.

How do we create space for ourselves to make good decisions? What is the role of fear? What can we, or should we, expect or ask for in our doctors?

I began speaking about this with other people — two of whom had faced, in my mind, probably one of the hardest diagnoses with which to go against the tide: the big C. To honor their privacy, I will call them Carol and Doug (instead of their real names).

Carol, a senior citizen, was diagnosed with invasive, stage two breast cancer that had not metastasized beyond the lymph nodes. Doug, age 56, was diagnosed with prostate cancer.

Carol's doctor wanted her to have a mastectomy, but she knew right away that she only wanted to pursue alternative care. Her doctor, while saying he didn't recommend her choice, said that he would support her and would order any supportive diagnostic tests. As physicians are the gatekeepers of most lab work, this was a huge gesture of collaboration from Carol's doctor, which helped empower her in putting together her own plan of care.

In contrast, Doug had a very different experience. Initially he was "offered" either surgical removal of the prostate or radiation, and the likely side effects of impotence and incontinence. He immediately began researching, took some time to evaluate, and pursued any alternative modalities with which he "felt a resonance." He also decided to schedule the radiation for a few months away.

Just before the radiation, while meditating, Doug felt strongly that something had shifted, and requested repeat blood work for Prostate Specific Antigen, a marker for prostate cancer. The number had dropped dramatically. His urologist told Doug he no longer needed radiation. When Doug cancelled it, the radiation oncologist delivered the threat, "You'll be sorry; you'll be back within a year." (That hasn't happened; it's been over three years.)

When we're scared, it's easy to let the doctors do the driving, but it's always our choice. And if it's a collaboration you're after, find the doctor who will honor that.

As Carol expressed, when we choose to see MDs as experts in their field, rather than Medical Deities, we retain our power. Recognizing the difference between the doctor who sees him- or herself in service to you as a consultant, rather than as a parent to an uncooperative child, can help to ensure you have a good match.

When we're scared, it's easy to let the doctors do the driving, but it's always our choice. And if it's a collaboration you're after, find the doctor who will honor that. "Are you willing to take the time to look at alternatives?" "Are you worth it?" and "Do you have the strength to do it?" are three questions that Carol suggests we ask ourselves. "Don't make a snap decision; take time to look at who you are and what you think is going on."

When we are confronted with a diagnosis that has potentially serious, life-altering or life-threatening outcomes, fear can play a big part in how we make decisions. Our faith is tested, not the least of which is our faith in whatever non-traditional healing modalities we so nonchalantly rely on when turning down flu vaccines or eschewing the latest blockbuster medication. It's easy to be unconventional, self-reliant, and even somewhat cocky about standing outside traditional medicine when the stakes are low. But when life raises the ante, where do courage and clarity come from?

Though expressed differently, both Carol and Doug noted similar elements that made their journeys outside the mainstream possible. For both, their deep spiritual connections guided them (they are both spiritual teachers). Doug spoke about fear as a visitor. "I meet fear when it comes, but I don't submit to it."

Sometimes the fear we meet comes through the people close to us. Carol's husband and daughter support her, but are not always happy with her path. Doug's family wants him to "just get it taken care of." And both spoke strongly about calling on themselves to step up, which, for each of them, meant not just searching outside themselves for alternative treatments, but opening fearlessly to what was inside, even reconciling with the possibility of dying.

Carol told me of an incident that happened to her the day she left her oncologist's office, having decided to chart her own course. "It was a drizzly day. When I came out from my appointment, my left car window was smashed and my GPS had been stolen. After my initial reaction, I realized the lesson: 'You do not have to rely on an automated [guidance] system; you can rely on your own intuition.' "

At her 6-month check-up, Carol's oncologist told her, "Keep doing what you're doing; you could probably live another 30 years this way."

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(Judy Stone can be reached at 734-994-5549 or at: cfninA2@gmail.com. Her website is: CenterForFunctionalNutrition.com.)

Bringing Healthy Foods into Michigan's Hospitals ~ Questions for Hillary Bisnett of the Ecology Center

(Hillary Bisnett is the Ecology Center's Healthy Food in Health Care Coordinator. She grew up on a family farm, and received a BS in Sustainable Business from Aquinas College in Grand Rapids. Before coming to the Ecology Center, she worked at a hospital in Grand Rapids, where she started a farmers market, created sustainability education materials and monitored storm water runoff from green roof and rain gardens. Hillary also served on the Executive Board of the Greater Grand Rapids Food System Council. She's been at the Ecology Center since April 2009.)

Bill Zirinsky: Hillary, you are the Ecology Center's Healthy Food in Health Care Coordinator. Right now you're very involved with trying to bring healthy food into hospital systems and support sustainable food systems. Give us a brief overview of this program.

Hillary Bisnett: Our program works with hospitals across the state that are interested in purchasing locally and sustainably-produced foods for their patients and staff. Health care facilities are recognizing that our entire food system – the way our food is produced and distributed – is misaligned with dietary guidelines, and is largely reliant on methods of production and distribution that harm public and environmental health.

Hospitals around the country have been signing a "healthy food pledge". What is it? Is hospital participation growing in Michigan?

The pledge commits hospitals to implement policies and programs that demonstrate a commitment to a food procurement system that is based on the Hippocratic Oath of "first, do no harm." The philosophy of the pledge is to consider food and its production and distribution as preventative medicine that can protect the health of patients, staff and communities. The pledge has helped hospitals demonstrate leadership by sending a strong signal to the marketplace encouraging local, nutritious, sustainable food production, and by modeling healthy food practices for patients and the community.

To date, over 300 hospitals across the nation have signed the pledge including 28 facilities in Michigan. Just two years ago, only three hospitals were participating in our state.

BZ: Hospitals have been hosting farmers markets. How many in Michigan? Tell us more.

Bisnett: More than ten Michigan hospitals hosted a market last year and many have expressed interest in hosting one next year. Bronson Methodist Hospital in Kalamazoo and Henry Ford West Bloomfield Hospital even host indoor winter markets. This has been a great way for hospitals to provide a service to patients, employees and visitors, while supporting local food producers. As many communities have limited access to fresh produce, it's logical for hospitals to want to provide a foundation for good health: good food. Hospitals are in a unique position to both treat diet-related illnesses and address their root causes by hosting a farmer's market. Markets also strengthen staff morale, while increasing the likelihood that patients, visitors, and

"The philosophy of the (healthy food in health care) pledge is to consider food and its production and distribution as preventative medicine that can protect the health of patients, staff and communities…over 300 hospitals across the nation have signed the pledge including 28 facilities in Michigan. Just two years ago, only three hospitals were participating in our state."

staff will eat nutritious fresh foods. They are also a fun venue for educating about nutrition, food preparation and the benefits of eating fresh and local, all of which further contribute to the long-term development of healthy eating habits. Additionally, this provides another avenue for family farmers to sell directly to the public, often resulting in farmers receiving a fair wage and food dollars staying in the local economy.

BZ: What's been happening in southeast Michigan?

Bisnett: We have a leader in Washtenaw County -- Joseph Mercy Hospital! In April 2010, St. Joseph installed a hoop house and prepared a few acres of land for growing vegetables. In early September, a second hoop house was built. This is 'phase one' of a long-term plan, according to 'Farmer Dan' Bair, the farm manager for St. Joseph. The current focus is providing produce to the hospital's farmer's market, with a goal to farm up to thirty acres to supply patient and cafeteria meals.

St. Joe's CEO Rob Casalou's hope of a paradigm shift, not only for his hospital, but also for the health care sector at large, aligns nicely with their reason for signing the Healthy Food Pledge and onsite food production. He's been quoted saying, "When people think of St. Joe's, they're thinking of sick care, but we're really a health provider. So we decided to take a significant part of our land and turn it into production for health and wellness."

A hoop house at St. Joe's Hospital. In April 2010, St. Joe's installed a hoop house and prepared a few acres of land for growing vegetables. In early September, a second hoop house was built. This year, St. Joe's focused on growing tomatoes, peppers, herbs, flowers and pumpkins to supply their farmers market. As more hoop houses are constructed, plans will be developed to integrate the food into patient and cafeteria meals.

At the University of Michigan Hospital, they are sourcing nearly all of their dairy products from a farm in west Michigan while working to purchase compostable take-out containers as well as working to increase local produce purchases. Allegiance Health in Jackson has been in conversations with a new farmer co-op hoping to supply two institutions in their area. Also, the Henry Ford Health System partnered with Detroit's Eastern Market to host a traveling farm stand throughout the health system while piloting an employee CSA (community supported agriculture) program at their administrative building – to increase the amount of fresh produce their employees take home – to encourage healthy eating habits among employees. These are just a few examples in southeast Michigan.

BZ: Can you tell us about the Michigan Healthy Food Workgroup? How many hospitals participate? What was their most recent project and how is the Ecology Center involved?

Bisnett: The Michigan Healthy Food Work Group is an advisory subcommittee of the Michigan Hospital Association's Michigan Green Healthcare Committee. Currently, there are nineteen hospital members who have committed to collaborating on healthy food initiatives, and to leveraging their purchasing power to support local, sustainable food. Starting in April 2010, the committee recognized the amount of expertise in the state already, and felt meetings should include peer-to-peer learning. Participating hospitals also collaborate on a yearly healthy food initiative. Last year's focus was on the Michigan Apple Campaign, an initiative to create a baseline of Michigan apple purchases and to demonstrably increase these purchases the following year. The Ecology Center's role has been to facilitate the work of the Michigan Healthy Food Work Group.

BZ: What's the Ecology Center's vision for this work over the next few years?

Bisnett: We will continue to support the purchase of sustainable foods in the health care sector, but we also hope to expand our work to clinician education. We see many benefits in working with health care clinicians as they play a vital role in educating their patients, community and

"At the U of M Hospital, they are sourcing nearly all of their dairy products from a farm in west Michigan, while working to purchase compostable take-out containers as well as working to increase local produce purchases."

institutions. Clinicians are recognized as trusted experts and have an influential role, not only in the clinic, but in society as well. Our focus will be on talking about the interconnections between our entire food system and our health, and advocating for clinician involvement in interventions that can be considered true prevention. We also hope to work with regional food distributors to increase their offerings of sustainable, local food.

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(Hillary Bisnett can be reached at: hillary@ecocenter.org)

Questions for Dr. Aditi Dave about Meditation, Medicine and Consciousness

Bill Zirinsky: Dr. Aditi, I know you as a deeply compassionate physician, as someone who was kind to our family when our daughter, Juliana, was facing end-of-life issues, both medical and human. You are a doctor working at the U-M Hospital, and you also work, independently, as a meditation instructor connected to the Art of Living community. Before you talk about the Art of Living programs that you lead, please briefly describe your medical training and credentials.

Dr. Aditi Dave: I received my medical degree in Florida, and completed a dual residency in Internal Medicine and Pediatrics at the University of Michigan. I am now 3 years out of residency, serving as a hospitalist and faculty member in the division of Internal Medicine at the University of Michigan. As such, I take care of patients hospitalized, many of whom need tertiary care medicine.

Bill Zirinsky: You mentioned to me that the Art of Living program is not just a meditation program… Please tell us what it is.

Dr. Aditi Dave: The goal of the Art of Living program is to help people improve the quality of life. To accomplish our goal we use several approaches: providing training in mind-body practices; education of the negative habits and tendencies in the mind that directly affect everyday life; encouraging service programs to help those in need because service directly helps the recipients while also uplifting and transforming those who provide the service; and providing regular group events and retreats to delve deeper into mind-body practices and spiritual knowledge.

The mind-body practices we teach include yoga asanas, pranayama breathing, and several methods to achieve deep meditation. Meditation is a key component of the program because the rejuvenation of the mind that occurs in deep mediation is essential to establish peacefulness and expand awareness. True meditation allows the mind to settle into a state of stillness. It is different from the sleep state, it is not contemplation, and it is well beyond simple relaxation. While stillness is a natural state of rest, the extreme stress and over-stimulation common today makes it difficult for people to attain it. This is why proper training and technique is critical.

Unfortunately, meditation is widely misunderstood. Many have tried meditation and given up because they were not consistently having a deep experience. Others practice relaxation techniques that are called mediation, and while helpful, they do not offer the same opportunity for rejuvenation.

When the mind does not rejuvenate periodically through stillness in meditation the awareness gradually shrinks and the mind becomes hyperactive. What is thought of today as normal thinking is really hyperactive because very little time is spent aware of the present moment. Clarity is reduced and the feeling level of life, the joy and love, is over-shadowed by incessant thinking. Children start off living in the present moment but as they age stress accumulates and habits develop that cause the mind to constantly think about the past or future.

The result is that we rarely see the same level of joy, peace, enthusiasm, unconditional love, authenticity, and connection in adults that is natural to young children. Children show us that these qualities are the truest, unadulterated essence of humanness. Not knowing how to maintain these qualities into maturity our society accepts their loss as normal and life becomes more about coping than truly enjoying. Fortunately there are now many speakers and authors bringing attention to the importance of the inner development of life and living in the present moment.

Photos by Rachael Waring

Dr. Aditi Dave is a hospitalist and faculty member in the division of Internal Medicine at the University of Michigan. She also leads *Art of Living* meditation programs and workshops.

"*True Listening* means being *fully present* in that moment, and when this is combined with a clear, stress-free mind, the quality of your work is much more effective. One's interpersonal communication skills become refined. *True listening* really makes the patient and families feel you are working with compassion and that you care."

BZ: Please tell us about Sri Sri Ravi Shankar.

Dr. Aditi Dave: Sri Sri Ravi Shankar has dedicated his life to serving humanity. He personally travels to 30-40 countries every year inspiring service for the disadvantaged and traumatized who need basic aid and comfort. To those lucky enough to have all their basic needs covered, he brings wisdom. This wisdom is shared through the Art of Living programs.

BZ: And is Art of Living completely separate from the Transcendental Meditation community founded by Maharishi Mahesh Yogi?

Dr. Aditi Dave: Yes, there is no working relationship between these two organizations; they are independent of one another.

BZ: I understand that the Art of Living's introductory course teaches Sudarshan Kriya. Please tell us what Sudarshan Kriya stands for, and what it is.

Dr. Aditi Dave: Sudarshan Kriya is a unique practice that quickly calms the mind and flushes stress out of the system. It is also a gateway into deep, silent meditation. It is the cornerstone practice of the Art of Living Course and is only taught by teachers trained by Sri Sri Ravi Shankar. Once learned it is practiced at home for just 10 minutes. It provides great benefits on its own but is ideally included as part of a set of practices along with yoga asanas, pranayama, and silent meditation.

BZ: You have said to me that "the breath is in the present moment – you can't breathe in the past or the future." Say more, please.

Dr. Aditi Dave: The mind constantly wanders to the past or future without even being aware that it is happening. You cannot control this by using the mind. Try to concentrate and keep your mind in the present and you will see it drift away in less than a minute. But by using a skillful breathing practice the mind will automatically come to the present moment. This is when meditation can happen. Taking the time to perform practices daily reduces this tendency of dwelling on the past and future. Then, life spontaneously becomes better because of the richness of the present moment.

BZ: Aditi, tell me what you mean when you say "the breath is the link between the outer world of activity and the inner world of silence?"

Dr. Aditi Dave: Using breathing practices is the most effective way to restore quietness to the hyperactivity of thinking. For a busy mind to attain the silence of meditation the breath is best used first to bring some calm and increase energy (prana).

BZ: Will you talk about our breath as a kite?

Dr. Aditi Dave: Without a string a kite can be blown in any direction by the wind. The mind also is blown around to the past and future by the many impressions, stresses, memories and habits inside us. The breath is like a string, using the breath the mind gains some focus, it comes back to its center, to the present where we can experience peace and become aware of the joy inside us.

BZ: How does the sudarshan kriya practice refresh an individual?

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Questions for Dr. Aditi Dave about Meditation, Medicine and Consciousness

Continued from page 17

Dr. Aditi Dave: Tension, stress, and anxiety leave the system, energy is increased, and the mind becomes clear and calm.

BZ: Aditi, along with many doctors and nurses and health care professionals who are trying hard to react in a human way in institutional settings, you also certainly encounter a good deal of "unawareness". How do you bring your own conscious awareness to medical situations you face at the hospital? What are the small things you do each day, what are the challenges you face?

Dr. Aditi Dave: Yes, in a large institution, where patients are often extremely sick, skillful coordination of many services and specialties is required to get the patient better. Patients and their families come to us at a vulnerable time, often very stressed. In taking care of their needs, health care professionals can also encounter stress, which is then amplified if there is stressful interpersonal communication between health care professionals. In a field where effective, timely coordination of many services is vital in getting the patient better, I find being centered and aware, allows me to respond to stressful situations rather than REACT to them. The latter can often set off a chain reaction of stress in others. I find this happens a lot around the hospital: a 'domino-effect' of unnecessary stressful communication. In recognizing this as it happens, one can easily diffuse it instead of taking it into one's own system. For example, recognizing that someone spoke to you unpleasantly because they are stressed (that comes out in their communication), allows you to still be harmonious in your communication. I can 'save' my own mind from outside stress in real time, rather than have to do extra-curricular activities to relieve stress after it has already happened.

"My experience helped me recognize how important it was to stay centered when helping others. The process of surgery and rehab in learning to walk again without pain gave me valuable perspective on what it is like to be a patient. As a doctor, this helps me empathize. My experience also inspired me to become a physician."

For example, if a nurse is stressed due to something someone said to him/her, this may be carried over to the way I am spoken to, and so on. By being more aware, one helps diffuse this, rather than react to it or take on stress. It could be as simple as saying to the nurse, "It sounds like your day has been difficult, let me see what I can do to help." Then his/her consciousness shifts from stress, back to the present moment of taking care of the patient.

BZ: You said to me that you wished there were greater efforts at the hospital to involve the medical staff in destressing the environment. What kinds of efforts would you like to see? And do you feel hopeful about strides being made in the medical setting, in terms of staff trying to be more conscious?... If so, please give us examples.

Dr. Aditi Dave: One of the challenges within the health care services is how to effectively take care of patients. Removing stress from the hospital environment means giving health care professionals an effective tool of distressing. I would like to see an established system within the hospital of taking care of the wellness and mindfulness of all health care professionals – from doctors, to nurses, to other allied health care workers. Bringing breathing practices such as Sudarshan Kriya and meditation into the hospital as opportunities for health care professionals to seize would create a de-stressed environment.

Industry and large organizations have already done this. For example, companies such as IBM, and organizations such as the World Bank, have arranged for Sudarshan Kriya to be taught at the workplace because they see the value of having their employees less stressed. It would be nice to bring such powerful techniques to the hospital staff. There are already individual staff at the University of Michigan who are doing this in their own way, and already practicing medicine with increased mindfulness and awareness. The next step would be to make these practices available for everyone interested.

"We all know the years in life go by fast and if we can just incorporate a half hour per day to sitting comfortably and doing some practices, the difference in our life will be tremendous."

BZ: What is the power of telling a patient to "keep her spirit up"?

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Dr. Aditi Dave: When a patient is sick, they have lost much of the "control" they have of the outcome. The one thing they do have control over is keeping their spirit up, and centering the mind on the positive rather than dwelling on the entire negative in the situation. At a time when the patient feels scared, or despondent, encouraging them to keep their spirit up, the one thing they do have control over, and to stay positive. Often they are very appreciative of this supportive reminder. This is reassurance that I am doing everything I can medically, while they do everything they can to remain positive and centered despite a tough situation.

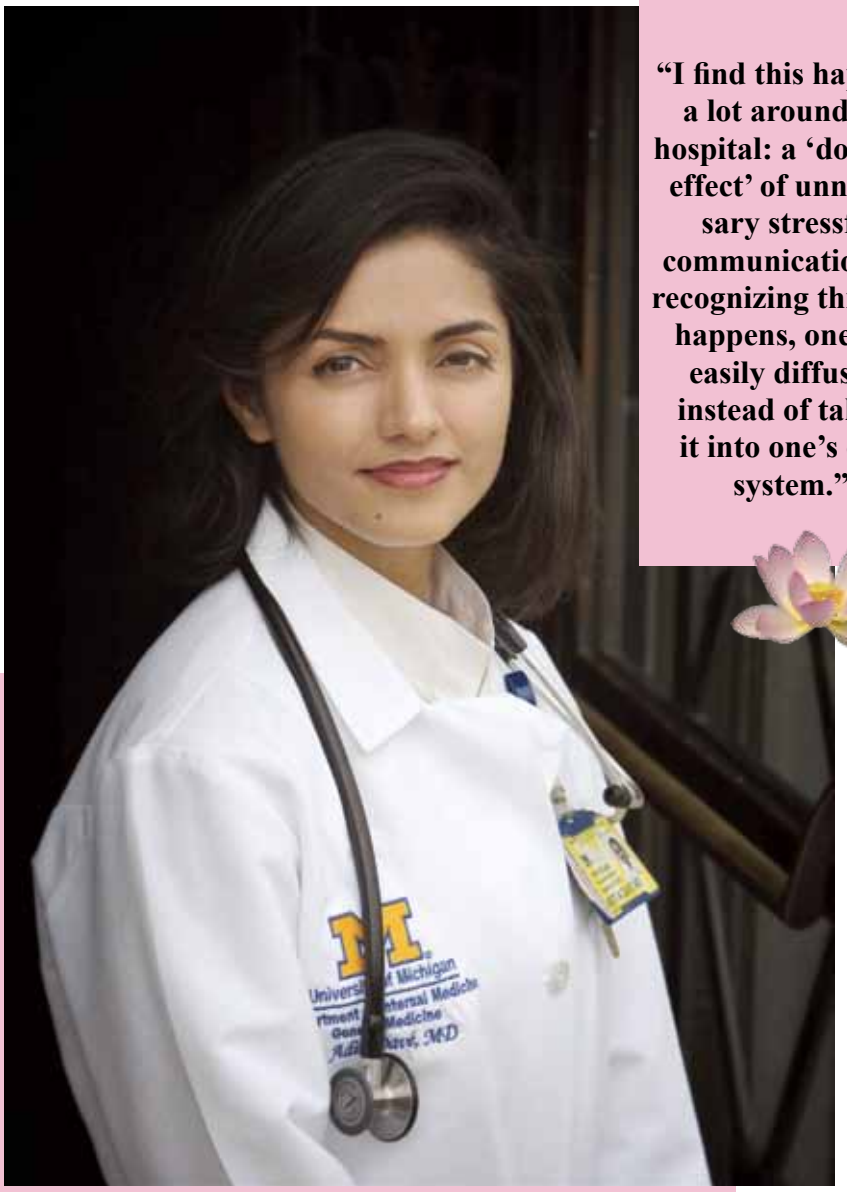
BZ: Aditi, recently you said to me: "True Listening is a skill. Combined with compassion and clarity of mind," and also combined with the skills and knowledge of a doctor, "doctors could be very effective." Would you like to elaborate on that?

Dr. Aditi Dave: 'True Listening' means being *fully present* in that moment, and when this is combined with a clear, stress-free mind, the quality of your work is much more effective. One's interpersonal communication skills become refined. True listening really makes the patient and families feel you are working with compassion and that you care.

BZ: You grew up in very interesting places. Can you tell us where you grew up, and a bit about how the experience of growing up in those places still influences and affects your perspective, and your life?

Dr. Aditi Dave: I was born in Kenya, and my first language was Swahili. I have picture memories of Kenya, of the immense generosity of the people and of course the wildlife. We moved when I was 5 years old to Belize, at a time when it still had not been discovered as a tourist destination. I spent my childhood there until age 12, and enjoyed the unspoiled nature and complete simplicity in life. I recognized just how happy and content people are without much of modern day amenities. I then moved to Canterbury, England, where I had my formative years, and later lived in London for college, before moving to the U.S. All these places hold a special place in my heart, and each make up a part of where I am from. It has made me realize that home is wherever you are. Each place offered a diverse array of experiences that definitely contributed to my desire to do International Health Care volunteer work. I recognized how we are not so different regardless of culture, the universality of Human Values and the need to give service to global needs even if we think of our place in society or on earth as insignificant.

"Children start off living in the present moment but as they age stress accumulates and habits develop that cause the mind to constantly think about the past or future."



"I find this happens a lot around the hospital: a 'domino-effect' of unnecessary stressful communication. In recognizing this as it happens, one can easily diffuse it instead of taking it into one's own system."

BZ: I know that you experienced a significant hospitalization at a young age, and a lengthy rehabilitation. Your rehabilitation was, to me, a remarkable story of determination. How was that experience important to your path --- both in terms of becoming a doctor, and in terms of becoming someone who teaches people about conscious awareness?

Dr. Aditi Dave: It ultimately inspired me to become a physician. Doing rehab to be able to walk again also fueled my interest on the importance of mind-body connection in overcoming adversity. Raising one's consciousness and being more mindful allows one to get through adversity more positively. My experience helped me recognize how important it was to stay centered when helping others. The process of surgery and rehab in learning to walk again without pain gave me valuable perspective on what it is like to be a patient. As a doctor, this helps me empathize. My experience also inspired me to become a physician. I remember thinking, "If I can help even one person the way my surgeon had, or encourage one person through a trying time, then the hard work in becoming a doctor will be more than rewarded." As a teacher of Art of Living programs, my experience also allows me to give more of a personal inspiration to those who are in stressful situations in life.

BZ: And your spiritual upbringing? You were brought up as a Hindu and as a Roman Catholic? Tell us about that, please, and how did your parents help you to reconcile those religious elements?

Dr. Aditi Dave: My mother raised me with Hinduism, and I went to Catholic and Anglican schools. As a child, I wondered why prayer was through multiple, different methods. My mother reconciled these different religions when she said: "true religion is when you can see the divine in every human being." She also said that all these religions were like paths up the same mountain. She focused on the universal spirituality that remains the same through all religious beliefs. This was invaluable. This resonates with the Art of Living Programs which are taught in over a 140 countries, crossing over all religious or cultural belief systems, because it focuses on raising the individual's consciousness, his or her ability to live in the present moment, and servicing one's spirit.

BZ: How did you become involved in the Art of Living programs?

Dr. Aditi Dave: My brother took the course through a co-worker and loved it. I was in college at the time, and my brother arranged for the course to happen in our family home during my winter break so that I could take it. It was very sweet of him to give this to me as a gift. At the time, I knew I had done something very special for myself, but the effectiveness of the practices became apparent during medical school when my fellow students began asking me what I do to handle the stress as I seemed "so calm and happy at a stressed time." They asked me to arrange a course for them. It was a huge success, and soon it became a volunteer activity to bring courses to Tampa, FL, during medical school. I found it very gratifying to see how positively this program affects people's wellness.

BZ: And you've been leading programs and workshops? What programs are upcoming this fall? And how can people find out more about your programs, and about Art of Living programs?

Dr. Aditi Dave: The schedule of programs can always be found at www.artofliving.org by selecting the menu of courses for Ann Arbor, Michigan. All of our programs are run by volunteers and we do not have a physical office space so we do the best we can to offer the programs locally every other month. The next course will be offered in October, and are posted at: secure.artofliving.org (choose MICHIGAN).

BZ: Tell us about the Art of Living's youth programs, and also about bringing sudarshan kriya to inner city kids.

Dr. Aditi Dave: The Youth Empowerment Seminar (YES) is currently being taught to inner city high school children ages 14-18, with programs in Chicago, Los Angeles, New York to name a few. Neither at school, nor at home, are children taught how to manage their mind or their emotions. Can you imagine how much empowerment can be given for kids to learn a practice they can do at anytime to handle stress at an early age. Often inner city youth have little to no mentorship at home or at school. Our public schools are in crisis, and our teachers are stressed from being given limited resources to help children reach their full potential. Having YES programs in schools transforms youth but also positively influences the teachers and administrators exposed to it.

BZ: You've said that "the emotions affect breath, and the breath affects emotions". If there were one thing you'd like to get across, to help encourage someone to begin a breath practice, what is it?

Dr. Aditi Dave: These practices are not hard to do and the results are seen quickly. We all know the years in life go by fast and if we can just incorporate a half hour per day to sitting comfortably and doing some practices, the difference in our life will be tremendous.

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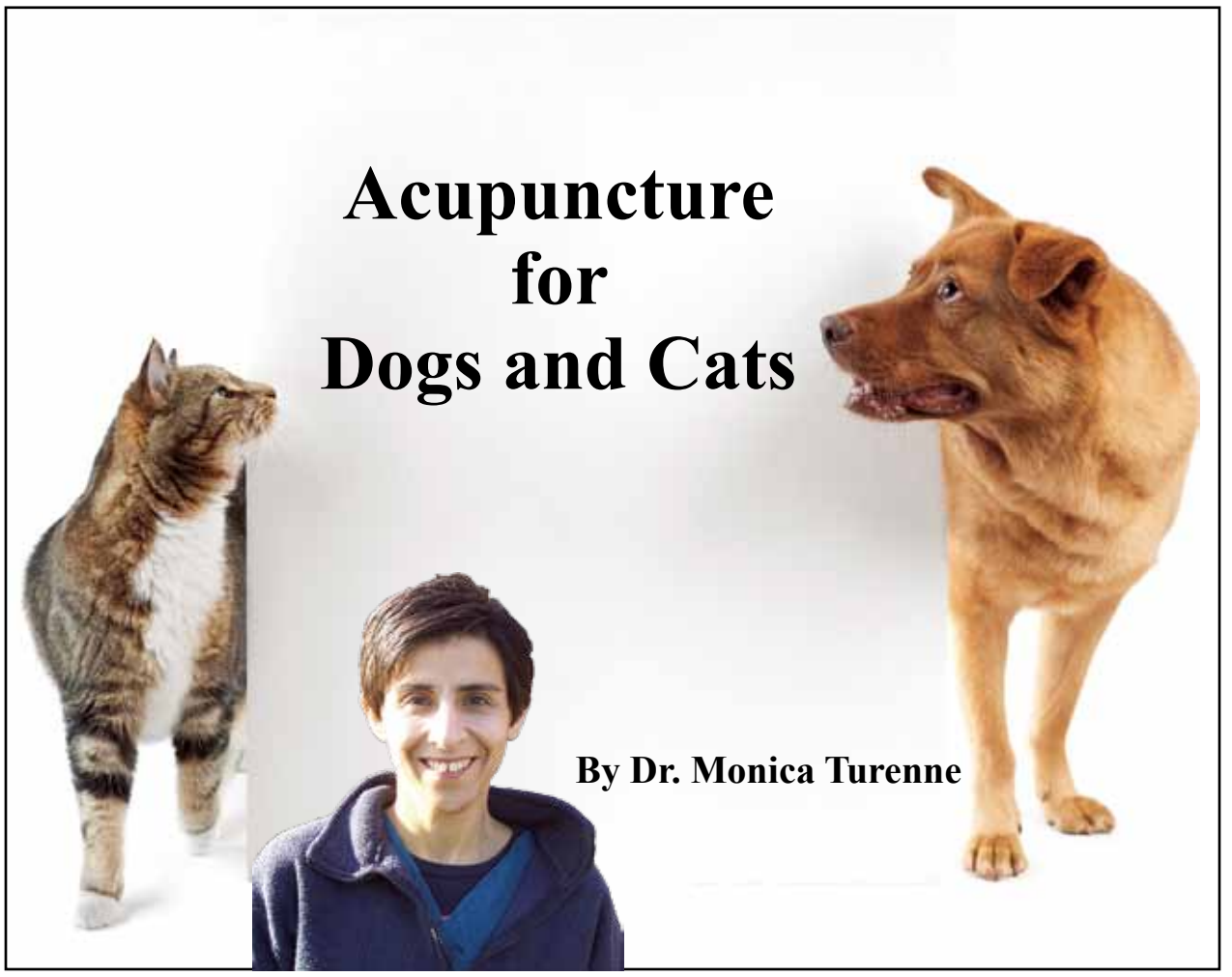
All Creatures Great and Small



(*This is our first in an ongoing series on animals. Each issue we will have a guest columnist. We asked Dr. Monica Turenne of the Washtenaw Veterinary Hospital to write this first one. She is a Doctor of Veterinary Medicine, and a Certified Veterinary Acupuncturist.*)

Acupuncture is a treatment modality that has become more mainstream in the past few decades. As part of the care I provide for dogs and cats, I have found veterinary acupuncture to be incredibly rewarding. To help you understand more about this therapy, I have compiled several questions and answers, and shared details about several cases.

How long has acupuncture been used in veterinary medicine?
For about 3,000 years. The first "needles" were actually made of stone and evidence shows their use in humans dating back 8,000 years!

Why is veterinary acupuncture gaining popularity?
Because of its efficacy and minimal side effects. This is also true for herbal medicine. And I also think that pet owners want their pets to live as they live – organically, free of preservatives and toxins. We see this is in how owners feed their pets, and in veterinary medicine, we are seeing this in how owners want to treat illnesses in their pets.

What diseases can veterinary acupuncture treat?
Almost any disease, including but not limited to arthritis, muscle soreness, disc problems, skin allergies, epilepsy, anxiety, asthma, kidney failure, cancer support, diarrhea, vomiting and more.

How does acupuncture work?
There are two ways of looking at acupuncture. One approach emphasizes the body's physiologic response to the needles. With this approach, evidence shows that as needles are inserted into the skin, blood flow increases to that area which speeds healing. Placement of needles also decreases muscle spasms and causes endorphin release which alleviates pain and makes the animal feel good, respectively.

The second way of looking at acupuncture is the Chinese/Eastern medicine approach, which views disease as an imbalance in the body. In Chinese medicine, the belief is that energy flows along channels or meridians in the body so if there is imbalance, there is disruption of energy flow which leads to illness and pain. With detailed history taking, and Chinese examination, which involves looking at the tongue color and feeling the pulses, we are able to make a Traditional Chinese Veterinary Medicine (TCVM) diagnosis. Once the imbalance and diagnosis are known, our goal is to re-establish balance, energy and harmony in the body, thereby restoring health and allowing the body to heal. We can accomplish this by knowing what acupuncture points to select and which herbal medicines would be most appropriate.

How does Chinese medicine differ from Western medicine?
If we had three patients who are the same age, sex and breed and who all had the same medical condition, they would be treated in the same way in Western medicine. In Chinese medicine, each one of these patients may have a different imbalance and may be treated very differently depending on their TCVM diagnosis. For example, one patient may have a deficiency in heat but another may have a deficiency in coolness. Nevertheless, once the underlying imbalance has been corrected, acupuncture and herbal medicine are used to keep the patient balanced. In doing so, Chinese medicine focuses more on prevention.

Can you combine veterinary acupuncture and Western medicine?
Absolutely. Some patients are on medications such as steroids or non-steroidal anti-inflammatories. Some owners are interested in weaning their pets off medications and others want additional pain control. I work with owners to achieve their goals for their pet. In many cases, acupuncture and Chinese herbal medicine can replace Western medicines. And in some cases, patients may have liver or kidney disorders that prevent them from being able to use Western medications.

"I had a mix breed dog coming to see me for an injury to the knee. The owner would bring a giant bulk size jar of peanut butter. During the whole acupuncture session, the dog would have his entire nose inside the peanut butter jar eating the peanut butter!"

One patient of ours is an 8 year old Brittany Spaniel. She had an injury and arthritis and was potentially going to need medications in order to continue her hunting career. We started acupuncture and she responded very well. Even her owner (an initial skeptic) is now a believer! We were able to avoid non-steroidal anti-inflammatories. She is on herbal medications and is hunting with the best of them!

I also treat a Labrador Retriever for neck pain. His pain is alleviated with not just acupuncture alone but with a combination of acupuncture and muscle relaxants. This is what works for him and the owners are very pleased with the results.

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"Some owners are interested in weaning their pets off medications and others want additional pain control. I work with owners to achieve their goals for their pet."

How many appointments are necessary to see results?
This depends on the case, but usually weekly sessions for 4-6 weeks are necessary to see results. If there is no improvement by 6 weeks, the patient may be a non-responder. While this can happen, most patients show some type of response. We then increase the time between appointments, with the goal of eventually having one appointment every 4-6 months.

How do the dogs and cats handle needles?
Dogs typically tolerate the acupuncture needles well, and often relax and even fall asleep during the appointment. With cats, the response varies, depending on their personality.

One case I had was a male Beagle who had to be muzzled for acupuncture. The owner knew he would not tolerate the needles and that he would attempt to bite if not muzzled and she was right. But muzzled, we were able to complete his sessions. As we treated him, he slowly improved. He started to become more mellow at home and less aggressive, and eventually, after a few months of acupuncture and herbal therapy, we were actually able to do the sessions *without a muzzle* and could even pet him.

Another case I had was a cat who was having problems with constipation. She was not normally a very nice cat but she presented very ill so she was allowing us to do anything. The owners were interested in alternative therapies so after we performed the necessary treatments to relieve her constipation we started acupuncture and herbal therapy. She tolerated the needles very well and began to improve at home. Her appetite got better and she was using the litter box more normally. After 2 treatments, she made it very clear that *she was no longer interested in acupuncture!* So we no longer attempted acupuncture, but continued herbal therapy, which kept her regular and the owners were happy.

And I have to share the funniest case I have had. I had a mix breed dog coming to see me for an injury to the knee. The owner would bring a giant bulk size jar of peanut butter. During the whole acupuncture session, the dog would have his entire nose inside the peanut butter jar eating the peanut butter!

There are some patients who will not tolerate needles. It is ironic that my own dog is an example of one of them! He was simply too sensitive and there are dogs and many cats that are like this. In these cases we can use herbal therapy and food therapy to treat the patient.

What are some cases you have treated with veterinary acupuncture?
I treated a Chihuahua who became paralyzed on all 4 limbs due to a disc problem. The owner was tapering medications because of lack of response and side effects. We did every other day acupuncture and slowly, he regained the use of his legs and returned to normal function!

I have been treating a Brittany Spaniel who had a benign but invasive mass removed from his face at a specialty clinic…twice. After the second surgery, the owners started alternative treatment to prevent recurrence. After the first surgery, it came back after one year. We have been doing food therapy, Chinese herbs and regular acupuncture. It has now been more than a year and no sign of recurrence. He is doing great!!

A six year old Pug was prone to allergies in the summer months. Unfortunately, we were unable to extend his time between acupuncture visits by more than one week, so for the summer, he came to see me weekly. But we were able to avoid steroids.

I am currently treating a young Golden Retriever who has multiple orthopedic issues that cannot be dealt with surgically. The owner has chosen not to put him on medication but instead comes in once monthly for acupuncture. She sees acupuncture as his "medicine". He has done very well and is very comfortable!

###

(Dr. Monica Turenne can be reached at the Washtenaw Veterinary Hospital, 2729 Packard Road, Ann Arbor, MI 48108; their phone number is 734-971-5800 and their website is: www.washtenawveterinaryhospital.com)

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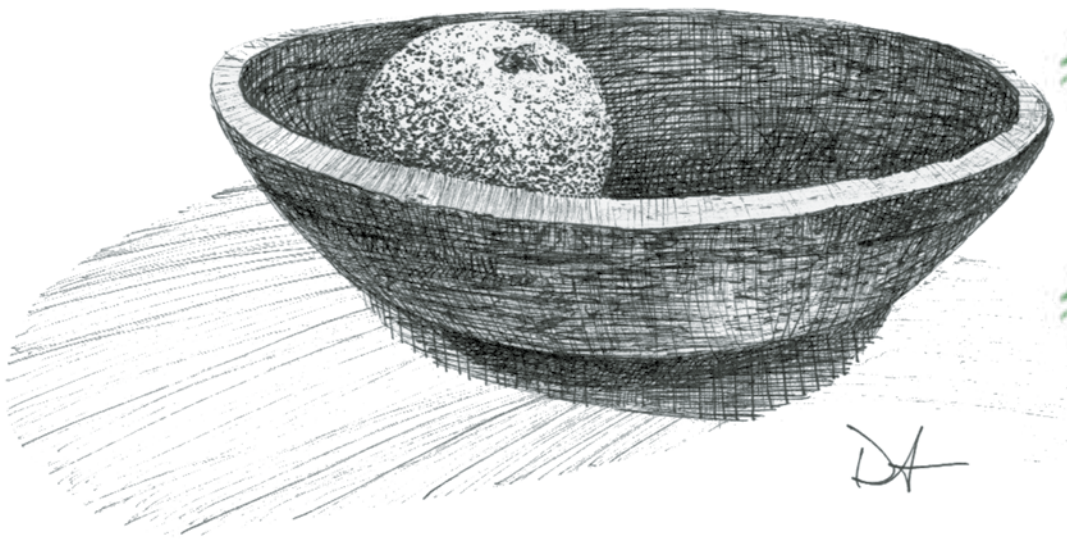
A Winter's Solitude

By Diane Kimball
Illustration by Dianne Austin



This morning's dull winter offers me an indulgent descent into a cavernous existence. I'll leave the curtains closed against the day until…

…until some new reality extends itself from outside into the house, acting like a bug-eyed giant reaching in to grab the innocent occupant.

How would he (naturally) get the captured damsel back out? Would he squeeze her small just for the fun of it?

"Cut with the thinking, would you!" She (Solitude, naturally) says.

"I saw you as gray this morning," I admit, "and I didn't think much about that. It's winter in Michigan."

"Correct. Then you sat down at the computer to start writing," She adds. "Let's see what comes out on the page."

She's taunting me, I think.

Well, I can't help it. I *am* thinking. Solitude does that to me. Maybe I just want to hibernate and say, leave me alone! I'd take a serious *attitude cartusienne*, wearing a robe as monks do at *La Grande Chartreuse* monastery, deep in the French Alps, where people have chosen to isolate themselves so that nothing can trouble their connection with the Divine. I remember a one-time visit to the section of this French monastery that was now a museum. I walked alone down a shadowed corridor with cubicle-like portholes outside the cells into which meals were placed twice a day. From here the monk would retrieve his food. Oppressive stone walls, isolated cells and high-walled garden spaces. Why would anyone choose this? I longed for a retreat back out into the world.

Only a few years later I saw the film *Into Great Silence*, a two and a half hour display, without dialog or music, of life in this voluntary retreat into prayer. In silence I watched the winter sunlight change across the floor of a stark cell and then move to rest for a moment on an orange in a wooden bowl by the single window. In silence I looked directly into the faces of individual monks, some young and some old, who stood one by one in front of the camera. In silence I watched people seated in prayer, then standing in a kitchen preparing food. I could see that this condensed life was not hibernation, for it appeared to expand beyond the confines of thought or meaning. Did they understand something I didn't?

Help! Too much! Thinking. Solitude. Thinking about solitude. The nuances of seclusion lead to an unfrequented place, surely some wilderness. I could go live in a yurt in the Himalayas. Get away from the noise, the cacophony, of the man-made world. I feel like a clam closing tight to create the most luminous pearl…the soul, only, one. Can I get squeezed pure in solitude? Is there a voice I want to hear? Or none at all? I don't know. I'm just going to don my alpaca sweater, brew some tea, and take a look outside to see what winter really is.

###

(*Diane Kimball can be reached at lilydetang@hotmail.com. For more information on* La Grande Chartreuse, *or to see a trailer for* Into Great Silence*, go to YouTube.)*

Birthing the New ~ Wonder and Delight

To birth the New, we need to embrace transition, the transition in consciousness in which we are all engaged

Are we willing to feast on the daily miracles of life? Will we learn how to be in suspense, in healthy expectation and anticipation? Will we learn to script our real-life movies with magical story lines full of amazing synchronicities, serendipitous encounters and miraculous happenings?

By Bronwen Gates

Many – maybe all of us - are feeling the challenge of transition, that confusing part of a birthing process where we can feel stuck, having irrevocably moved beyond the point of no return, and yet still facing the uncertainty of a future yet unborn. It can be a time of great fear, or a time of transcendent clarity. In order to facilitate the ease of our transition, we need to change our narrative of birthing. We are invited to move irrevocably beyond the narrative that holds Birth – this emergence of something new – as necessarily painful, dangerous, unsafe, even terrifying. We need to understand the difference between awe and terror. Terror is sourced in the past, whereas awe exists in the expansive present. Birth is awesome.

The phrase 'Birthing the New' is not about building new bridges or new ways to boil eggs – these are the bringing into form of what is already in creation, the implementation of an existing design. Birth is always transformational, for it is a portal between what was and what will be. Birth brings the New that is nameless into form so that it can be named. The New can seem frightening – it has never been before, and no matter how we prepare for it, we cannot yet conceive of it except in whispers, little tendrils of possibility that we sense but cannot yet know. It is tempting to want to label this Newness, to define it, and describe it in terms of what we already know, but thankfully all such attempts must fail. Our challenge is to let the future be new, and not limit or distort it by loyalty to the past which is all we yet know.

To birth the New, we need to embrace transition, the transition in consciousness in which we are all engaged. Some practice for this transition with war drills and austerities, some by drawing into the intimacy of family and friends; others choose to stay focused on what is now and what the next best steps seem to be, trusting both the outcome and the guidance. We each in our own way contribute to the collective outcome of the future we are imagining into being. In these times of transition, we are asked to reach beyond what we yet know or understand to new possibility – to the Unknown. The Unknown is not a singular domain - there are worlds of Mystery yet unknown, of Beauty we cannot yet imagine, and Silence that we cannot even begin to parse into meaning. We can reach for the Unknown, not in fear, but in confident awareness that there is Goodness, Truth, and Beauty beyond where our imaginations can presently reach. We can allow ourselves to savor the delicious feeling of what this might be like.

To facilitate ease-filled transition, we consciously open ourselves to Wonder, and to that pure state that is true Innocence. By opening to Wonder and Innocence, we invite and invoke Thalia, first of the Muse of Awakening; we step into her field of resonance, and let her be the inspiration that opens us to New Possibility. She will activate the Initiation that brings us in confident awareness through the Portal of Birth into the domain of manifestation.

We ask wonder-filled questions. I wonder …..
Will we release what no longer serves the emerging new and be in gratitude for all that has brought us this far? Will we surrender to a wonder-filled future we cannot yet know? Will we change our conception of Birth to being awesome, ecstatic, orgasmic?
Are we willing to feast on the daily miracles of life? Will we learn how to be in suspense, in healthy expectation and anticipation? Will we learn to script our real-life movies with magical story lines full of amazing synchronicities, serendipitous encounters and miraculous happenings?

So much wonderment. Sometimes it seems we imagine this might be boring, or that if we don't control it by imposing our limited concepts of the past, it will be saccharin. Rather the contrary – life that is not sourced in this open hearted embrace of the Unknown will turn out to be empty of true nourishment, rather than full of the sweetness of Life, with all its wonder and innocence.

So practice the discipline of Wonder and Innocence each day; open to the eternity of Beauty in a moment – red berry against winter's blue sky; needle of pine green with life in crystalline cold; the exquisite vulnerability of a loved one's face. And then when you return from your moment out of time – for wonder and innocence are both timeless – both you and the world will be changed, for wonder brings you to a whole new perception.

Let us engage wonder as we embrace transition and open joyously to Birthing the New. We each become conscious players on the great screen of each other's lives. There are no good or bad players, only more or less willing participants.

Take time to welcome transition in this time of New Birth. Transformation awaits.
And so it is.

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(Bronwen Gates, PhD, is an herbalist, teacher and healer. She can be reached at: bronwild@gmail.com.)

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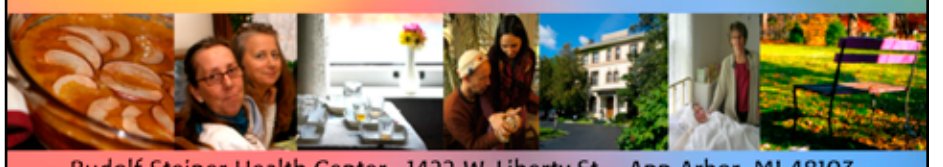

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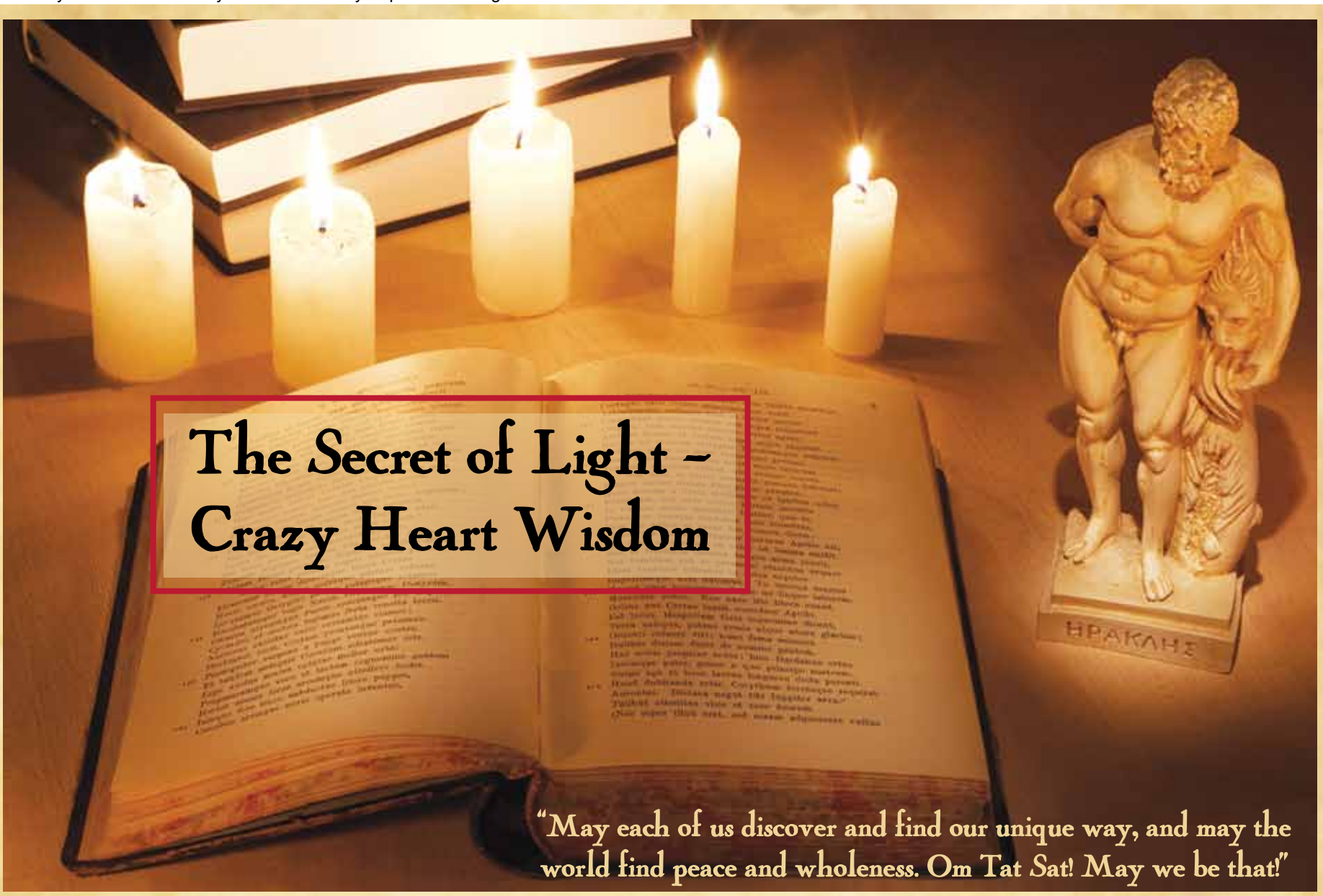


The Secret of Light ~ Crazy Heart Wisdom

"May each of us discover and find our unique way, and may the world find peace and wholeness. Om Tat Sat! May we be that!"

by Robert Thibodeau of Mayflower

(*Editor's Note: Robert Thibodeau is the highly regarded, long-time owner of one of the country's great metaphysical bookstores, Mayflower Bookshop, in Berkley, Michigan. He is also an organic backyard gardener, spiritual researcher, author, and a folk rock 'singer-songwriter' with 2 new cds just released: 'Wonderland, Songs of the Wild Midwest' and 'Second Chance Moons, Songs of the Wild Midwest of the Heart'.)*

"May the rains of lava, blazing stones and weapons
From now on become a rain of flowers,
And may all battling with weapons
From now on be a playful exchange of flowers."
-Shantideva, A Guide to a Bodhisattva's Life, 10:9.

"In this noisy bright bling world, dark silence is in.
So let's bring on the dark, turn off the light, and wait for the stars."

It is a Promethean task to wish that all beings find happiness and the wisdom knowledge of the causes of happiness. This is and was the goal of all sages in all ages, to awaken the compassion mind, to awaken the mind light of the spirit self, to awaken co-creativity with the whole of earth, even the future destiny of the world. To participate and be interactive, co-conversant with all the world in freedom and loving kindness, wisdom and compassion, truth and love has always been the highest goal. What happened?!? Maybe Halloween and winter have it right. Maybe the secret is in the dark time, the dark space/time, silence and emptiness.

"The people who sat in darkness saw great light; and to them which sat in the region and shadow of death, light is sprung up."
-Gospel of Matthew, 4:16

"After that, it's all about rising and opening to the light.
Making sense, making magic, making wisdom out of this crazy world; that is crazy heart wisdom for sure."

Metaphysically speaking, darkness comes first, then light. It's more than my goddess gave birth to your god. It's more like, how can we converse if there is no silence? Even the gardener knows that, without light, nothing blooms or comes to fruit. But without darkness, nothing germinates, roots, and holds ground. Listening stillness is perhaps selflessness. Open centered emptiness may be the willingness to learn. Silent contemplation and yogic concentration may well be the golden key to unlocking the seven seals or chakras of enlightenment. When we recognize and acknowledge trouble, conflict, and suffering, a compassionate space can be created for compassionate action to arise. Think of the darkness of the garden compost and pulling weeds.

"Hello Darkness My Old Friend, I've Come To Talk With You Again…"
-Song 'The Sound of Silence' by Simon and Garfunkel

It's reminiscent of the first rule of yoga from the first book on yoga by Patanjali: 'Listen NOW, YOGA is the ceasing of the modifications or changes of the mind'.

Meditation begins here. In the dark silence, the quiet mind sits still in the heart awaiting the voice of the silence, only then new light emerges, unconditional re-orchestration of the whole life emerges. 'Guru' means from dark to light; you have to get to the dark first. The ancient India Upanishad invocation speaks:

Lead me from the unreal to the Real;
Lead me from darkness to Light;
Lead me from death to Immortality.

Have we been going the wrong way all this time? Looking forever for light and love when in darkness of night every garden dreams better futures? In the Gnostic Gospel of *Pistis Sophia,* Jesus reveals to his disciples, "the mysteries of the Light of the Father," and tells them: "Do ye seek after these mysteries? No mystery is more excellent than they which shall bring your souls unto the Light of Lights, unto the place of Truth and goodness, unto the place where is neither male nor female, nor form, but Light everlasting". Many sacred scriptures speak of darkness or ignorance alchemically transforming into the light of love and wisdom. 'Dark Night of the Soul' is one.

Or is it an injunction to transcend opposites? Carl Jung's evocative title to his great work, 'The Mysterium Coniunctionis: An Inquiry into the Separation and Synthesis of Psychic Opposites in Alchemy'. Think of it as the mysterious conjunction of the sun and moon, inner and outer, spirit and matter, purusha-prakriti. Jung knew the secret processes of alchemy, yoga, and healing. First you separate the gross, dark matter, prima materia, from the subtle body; then purify; then a re-uniting or communion takes place at a higher level.

Goethe speaks in Faust:
"Wedded couples seeking bliss
Let this wisdom guide you;
The recipe for love is this,
that first we must divide you."

Patanjali's Yoga Aphorisms calls for a ceasefire, a quieting and silencing of the mind.

This first step in yoga is to stop 'going through changes' and sit still at the center. If full of light, go dark; in stillness, listen. Yes, and if you are too dark, turn on the light of common sense and reason. Look for a new balance. In this noisy bright bling world, dark silence is in. So let's bring on the dark, turn off the light, and wait for the stars.

"Metaphysically speaking, darkness comes first, then light. It's more than my goddess gave birth to your god. It's more like, how can we converse if there is no silence? Even the gardener knows that, without light, nothing blooms or comes to fruit. But without darkness, nothing germinates, roots, and holds ground."

"In darkness we do all we can, in daylight we're oblivion; our hearts so raw and clear." -Dougie MacLean, 'Turning Away'

The heart is the seat of the soul and throne of true mind. Stopping the noise and chatter of the head-mind and 'world-go-round' is the beginning. Listen to the listening heart for new work, wonders, and powers of 'wish'.

The mind asana of the heart, sitting still in the heart, while observing a spark of starlight at the brow or forehead (*See Robert Thibodeau's cd talk: 'Heart Meditation' or his cd talk 'Divine Yoga Sutras', soon in book form*). Here is an intimate relationship and dance of life. Between head light and the crazy dark wisdom of body, the rainbow appears in the open heart. Many spiritual practices consist of discriminating between the two, purification, and then later, a conversing, re-acquainting, a uniting. There is no need to wait, the time is now. Quick, breathe into your heart, empty everything there and listen!

***"With half-closed eyes focused on the tip of the nose, the mind steadily fastened* [on *its object], and the active prana current of the ida and pingala nadis suspended [by guiding it into the heart's sushumna], thus the yogi reaches the state of realization of Truth in the form of a radiating light which is the source of all things, and the highest objective to be reached. What higher state is there that one might expect?"** *-Hatha Yoga Pradipika with Tsongkapa's wisdom insight.*

"I am not pushing any particular religion. I think that when the crazy heart wisdom awakens, all the religions make sense. Our job is to put virtuous ideals into our will, our actions. Our job is to willfully think. Our job is to be heart-centered in our going, coming, flowering; in our ability to still listen."

It is in the re-creating of heaven (star) and earth (spells heart) that new worlds are born, new opportunities and insights emerge. Breathe in and let go! Winter Solstice, in the cycle of the year, is the deep breath within. It is a journey into the birth of light. Perhaps even the awakening of the old Greek 'Christos', the Solar Logos, the wisdom/love/will of the sun which is a spark awakening in the dark womb of the heart. It is the Festival of Lights, the birth of Krishna, Mithras, Horus, the sun hero.

"On earth as it is in heaven…" -Jesus the Christ, The Our Father

How can one ascend if one hasn't descended yet. All the great ones went down to help those less fortunate. This is why I AM into the descended masters, not the ascended ones. How can one climb the tree unless one's feet are firmly on Malcuth, earth. The way up is the way down sayeth the old Greek philosopher Heraclitus. Only then, from the ground of emptiness, heart, can one then rise.

"Direct your [inner] gaze upon 'light' by slightly raising the eyebrows. Then perform shambhavi mudra as you have learned it. This induces samadhi. Some confuse themselves by the alluring promises of the shastras and tantras, others by the Vedic Karmas, and still others by logic. None of them recognize the real value of this mudra, by the aid of which one can cross the ocean of existence." -Hatha Yoga Pradipika

Until then, crossing, or making the proper passage or 'passover' from head to heart necessitates that you have a head to start with. Seeing the future is seeing the promised land, the heart of wisdom and compassion, the interlaced triangles of spirit and matter, heaven and earth meeting in the heart to birth mindfulness, light, bodhimind, Mana, Spirit-Self (call it what you will). To see, incarnate, manifest such ideal is a first step to root. After that, it's all about rising and opening to the light. Making sense, making magic, making wisdom out of this crazy world; that is crazy heart wisdom for sure.

"He was not that Light, but was sent to bear witness of that Light. That was the true Light, which lighteth every man that cometh into the world." -Gospel of St. John, 1:8.

I am not pushing any particular religion. I think that when the crazy heart wisdom awakens, all the religions make sense. Our job is to put virtuous ideals into our will, our actions. Our job is to willfully think. Our job is to be heart-centered in our going, coming, flowering; in our ability to still listen. The eastern way is a unity. The western schools all taught a trinity, a three-foldness. Me, you, and the intelligent space between and around for starts.

Atma, the highest God (Father Archetype), the causeless cause and rootless root of H. P. Blavatsky. The second was the Word, Christos, Logos, Buddhi-Manas, Life Spirit, the love of Dharma or duty. The third was the Holy Spirit, the Spirit-Self of Rudolf Steiner, the Manas of Blavatsky, the light of dharma for the Tibetans. Each of us is the Fourth Way. We are the four-fold initial ordering revealed in the gospel of St. John the Divine, the Four Noble Truths of Buddha, and Steiner's 4 fold Foundation Stone Meditation. It is hidden and revealed everywhere in sacred scripture: open always and all ways to the wisdom eye of the heart. It is the Tetragrammaton, Pythagoras' Tetraktis. It is Plato's cross upon which the World Soul, humankind, is hung, strung, and en-nobled. It is the Native American's four directions, the four Vedas, the four elements. Plato said, circa 500 BC: "The World Soul is crucified in time and space within each individual". Thus, the World Spirit/Soul is rose rooted or rosy crossed in every human heart, in every mindstream continuum. We are spiritual beings with a body and soul. May the physical body find its soul in the world of virtuous merit. May the soul find its light in the Spirit of the World. May the World find itself in each and every Heart awakened in love and truth.

"Words are mere sound and smoke, dimming the heavenly light."
GOETHE, *Faust*

"The terrible truth is, until everything disintegrates, unless one truly meditates, one can't see the light. Let your virtuous deeds melt the world in truth and love." -Trebore Tau Bodhi

Yoga and Meditation can quiet the mind into the heart of understanding. Here, light and universal word (logos) kiss in the dark. Here, World Word vibrates in the heart of darkness, matter. Spiritual psychic surfers, dharma verb bums in akashic science and arts, write the poetry of eternity on each moment. The voice of the silence reverberates orgasms of insight and future proclivities of art, science, and the religion of street reality, as well as in kings and queens. Here, one cannot err, one always converses with plants, trees, the total environment. Sleep reiterates the spirit verbatim, the resonance, the truth of a love making all meaningful.

There is a worldly materialistic light wherein we see differences and act out of separateness causing unnecessary suffering due to not understanding the true nature of self. The self being the MIND of light and love, wisdom and compassion, always dancing in a mother/father relationship of redeeming the past and birthing the future - here now is crazy heart wisdom. Think as fast as you can, it's always past. Everything one does with the lower third of the body, food/exercise/sex/limbs/metabolic/will, is the future. The heart is NOW, the present; the child of the past and father/mother of the future. Be here now is the power of now.

"Yoga and Meditation can quiet the mind into the heart of understanding. Here, light and universal word (logos) kiss in the dark. Here, World Word vibrates in the heart of darkness, matter. Spiritual psychic surfers, dharma verb bums in akashic science and arts, write the poetry of eternity on each moment."

There is a light born within the dark that awakens the light of virtue and joy. There is a holy quiet listening spiritual darkness within that can be betrayed by anger, jealousy, hatred, ignorance and delusion. There is a rainbow of possibility open to each of us to explore our own spirituality in freedom and joy. There is an open road, and dharma for limitless joy and compassionate truth. It is each of us waiting in the stillness, the dark, the crazy heart.

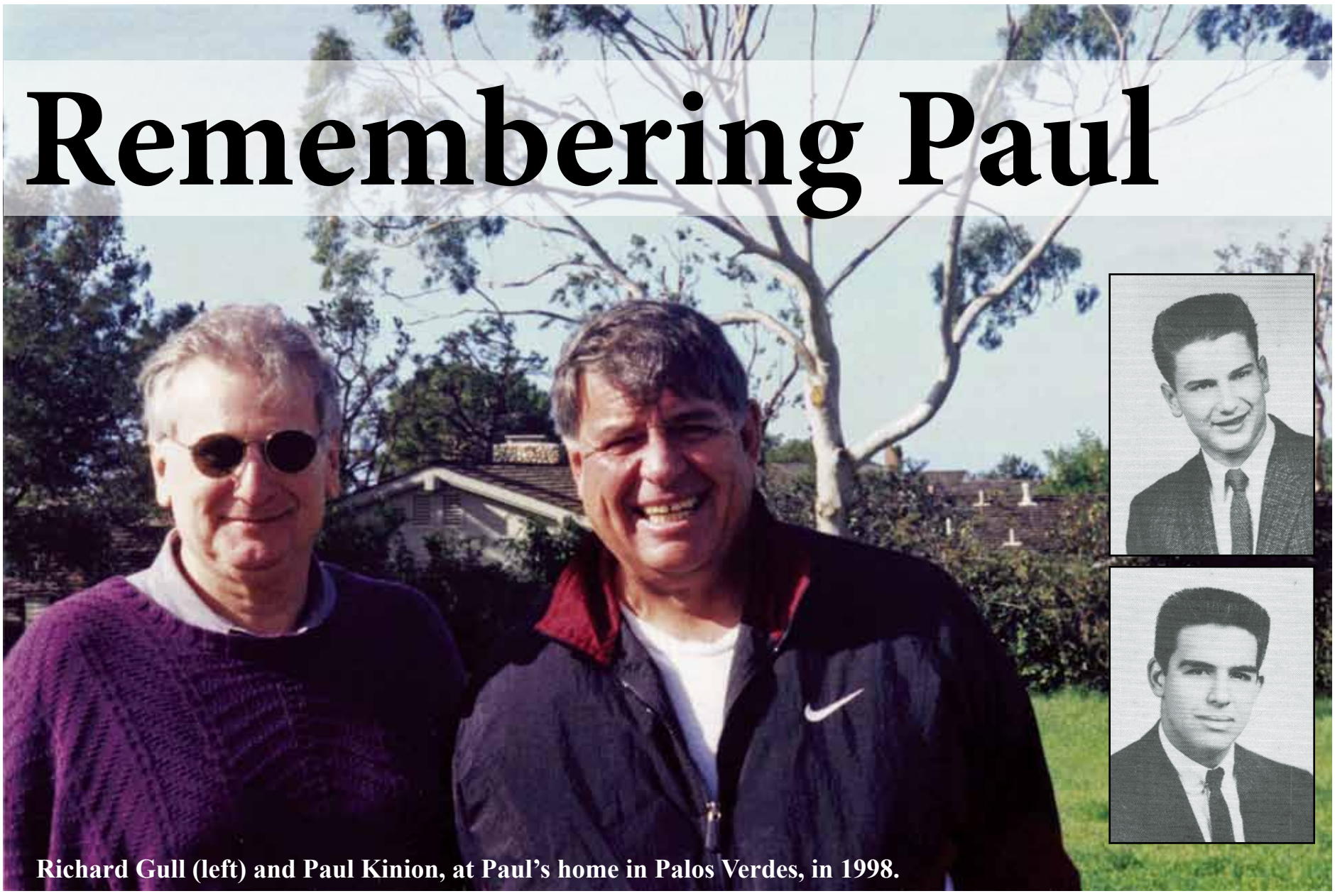
May each of us discover and find our unique way, and may the world find peace and wholeness. Om Tat Sat! May we be that!

May the Light of Truth Eternal, whose echo throughout the ages keeps alive each heart, enkindle spiritual imagination and inspiration of the way. May the highest intuitive truths enlighten our mind and quicken our hands and feet, incarnating compassion's loving kindness in this dark world of electric lights. May all beings find joy, happiness and dharma (freedom) mind. May the Light of Truth Eternal, whose echo down the ages keeps alive the spark of Spirit, enkindle our soul minds with spiritual courage and crazy heart wisdom energizing our each unique way to the party.
The secret of light is that we make it shine. Be still and know…

###

(Robert Thibodeau can be reached at 248-547-8227, and his website is: http://web.mac.com/mayflowerbookshop.)

Remembering Paul



Richard Gull (left) and Paul Kinion, at Paul's home in Palos Verdes, in 1998.

A Retired Philosopher Says Goodbye to his Best Friend of 54 Years

By Richard Gull

My friend Paul died of liver failure last November. We had been friends for 54 years. I moved to Burlington, Iowa from Chicago with my family when I was 16. Paul and I became friends almost immediately in that summer of '55. Paul and his family had come to Burlington a few years earlier from St. Louis. We were both kids who had been displaced from a big city and had a shared and, we thought, superior cosmopolitan attitude toward small town Burlington. We both listened to blues radio from Louisiana and sent away for boxes of 45s by the likes of Muddy Waters, Little Willie John, and Joe Turner. Paul was very cool. He was handsome. He had a distinctive dancing style made all the more impressive by his large body which he moved gracefully. He had an infectious laugh and, how shall I put it, a Rabelaisian (which means lustily humorous) sense of fun. He had a steady girlfriend and their relationship was, how shall I put it, more advanced than anything I had yet encountered personally.

Paul had been a Golden Gloves boxer and could throw impressive punches with his large hands. Before I arrived in town he, unfortunately, received a broken jaw in the ring from a local fighter named Cowboy Carlson. That incident was part of the folklore of Burlington High School. But Paul was never a bully. On the contrary, at times he himself suffered racial insults because of his dark skin color inherited from his Cherokee mother. Once a motorcycle gang leader tried to push Paul around. Students gathered in a vacant lot to watch the confrontation. A few punches were thrown and the motorcycle tough guy came away with a bloodied face. To me it was something right out of *Rebel Without a Cause*.

Paul's family lived in the upper floor of a large house with a view of the Mississippi. We spent much time there hanging out. I remember going over there late on the night I lost my virginity and telling Paul the details.

Since I've known Paul I have always felt that, wherever Paul lived, from that humble room with a view of the Mississippi to his house in Palos Verdes with a view of the Pacific, I was welcomed with generosity. This was the Big Daddy aspect of Paul. His home was gathering place for old friends. After college and law school, when he had some money, his home was always a place where I felt taken care of with food, drink, and Dionysian laughter.

"We both listened to blues radio from Louisiana and sent away for boxes of 45s by the likes of Muddy Waters, Little Willie John, and Joe Turner. Paul was very cool. He was handsome... He had an infectious laugh and, how shall I put it, a Rabelaisian (which means lustily humorous) sense of fun."

Paul and Richard at Santa Monica Beach, in 1984.

"When Paul called me in Ann Arbor to tell me she had died he cried uncontrollably. The man with the infectious laugh could also shed large tears."

Paul was the hope for success in his working class family. He was a serious student. He had confidence. In college, where we took many classes together, he asked questions of his professors and easily got to know them personally. That same confidence made him a good defense attorney. Paul majored in philosophy as an undergraduate and I majored in economics. Then, ironically, he got a law degree and I got a Ph.D. in philosophy. He often sent me articles about philosophers and wanted to know what I thought. I once asked him whether he thought I would have made a good lawyer. He said he thought I would have made a good appellate judge. This meant, I think, that he considered himself more streetwise in court than I could have been. I still feel underestimated on that score but, like I said, the guy had confidence.

I was best man at Paul's and Pat's wedding in '62. If Paul was Big Daddy, Pat was his Big Mamma counterpart. It cannot always have been easy being married to such a large personality for 47 years. They raised three children together. But Pat was strong and understated.

Paul with his three children Doug, Greg, and Laurie, in 1964, in Iowa City, Iowa. At the time, Paul was in Law School.

Paul and I shared a passion for certain films, especially westerns, and lines from them became recurring references in our conversations. Of course, there was the classic "We don't need no stinking badges" (from *Treasure of the Sierra Madre*). But, more obscurely, there was Brando sticking an insect into a sleeping Randy Quaid's open mouth in *The Missouri Breaks*. Quaid wakes up startled while Brando is now pretending to sleep. Then Brando pretends to be awakened by Quaid's noise and says "What the hell's goin' on? I'm tryin' to get some sleep." It is a silly, childish prank but the subtext is sinister: Brando is toying with a guy he's been hired to hunt down and kill. Sometimes, out of nowhere, Paul would say, imitating Brando, "What the hell's goin' on?" It was an example of his absurdist sense of humor and also part of a private language we shared. Paul watched *The Wild Bunch* almost every year, and so did I. When Sam Peckinpah died in 1984, he sent me an obituary.

Paul with his granddaughter, in Palos Verdes, five years ago.

After Paul moved to southern California in the early 70s, there was a hiatus in our relationship until 1979 when I visited him in Palos Verdes for the first time. He took me twice to a club where the flashy blues saxophonist "Big J" McNeely was playing. Paul had gotten to know "Big J." It took me back to our high school days when we danced to live blues on a riverboat that came up the Mississippi from St. Louis. Paul and I revisited the Mississippi at four class reunions over the years and spent time on the river drinking and reminiscing with our high school buddies in a classmate's boat. At the 2002 reunion Paul was selected the funniest classmate, a long overdue honor. In 2004, Paul, Pat, and I went to see my ex-wife Linda in San Diego six months before she died of cancer. When Paul called me in Ann Arbor to tell me she had died he cried uncontrollably. The man with the infectious laugh could also shed large tears.

For the past thirty years Paul and I have spoken by phone about once a month. When I wasn't home he left a message on the machine that almost always began: "Hey, Fk Stick, where the hell are ya?"**

I last saw Paul two years ago. After our 50th high school reunion in Burlington we drove to Iowa City, where my philosophy mentor Ed Allaire happened to be visiting. Paul had taken classes from Ed as an undergraduate. We all had breakfast together. I felt at the time that this was a wonderful meeting with two men who had a more sustained influence on my development than any others. I also felt that the meeting was not likely to happen ever again.

For the past thirty years Paul and I have spoken by phone about once a month. When I wasn't home he left a message on the machine that almost always began: "Hey, F**k Stick, where the hell are ya?" For a moment I felt I was sixteen again. It's going to be an adjustment getting used to a world without Paul's large presence in it.

(Richard Gull is Professor Emeritus of Philosophy from the University of Michigan. He taught at the University of Michigan-Flint from 1965 until 2007. In January of 2010, he and his now late wife, Sara Schreiber, co-authored and self-published a book about her struggle with cancer, titled Turning Darkness into Light: A Memoir.)

Paul with classmate, Babs, at their 30th high school reunion in 1987, on classmate Chuck's boat on the Mississippi near Burlington, Iowa.

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Music Reviews

By Sarah Newland

The Lotus Room cd
By David Gordon

When you need to unwind, escape into The Lotus Room, where lazy afternoons watching the sunset melt into late night rendezvous. David Gordon, co-producer of the Buddha Lounge series, has put a fresh and original spin on chill-out lounge music with this set of smooth downtempo excursions. This is jazz-tinged electronica for elegant parties, reading, lounging or urban yoga that will always make you feel good. Make yourself comfortable, surrender to the sensuous rhythms, and immerse yourself in the warm vibes. A consistently great seller for Crazy Wisdom, David Gordon holds wide appeal and is wonderful for us to listen to here at the store.
$15.98 by Sequoia Records
Shelved in World Music

Namaste II cd

For Hindus and now for many others as well, the greeting of choice is namaste, the two hands pressed together near the heart with the head gently bowed . Namaste means I bow to you, acting like a simple yogic asana, balancing and harmonizing our energies, keeping us centered, inwardly poised and mentally protected. The beautiful music on Namaste II is ideal for contemplation, introspection, and yoga. In attuning yourself to the spirit of this ancient greeting, you can open the portals to your own radiant beauty. Within this music is contained knowledge from the realm of Light. Our bodies vibrate with the notes, awakening the memory and wisdom and bringing about balance and harmony. On disc one, artists include Shantala, Kiran Murti, Rasa, and Karunesh, and there is a guided meditation on disc two.
$16.98 by Real Music
Shelved in Meditation Music

Laya Project cd:
A New Day

Laya Project explores regional folk music traditions in remote villages that lay in the 2004 Asian tsunami's path. Laya Project's musicians are the people of Sri Lanka, Thailand, Indonesia, Maldives, Myanmar, and India. Performances of unknown local musicians were filmed and recorded on location, arranged, and mixed to create a composition that embarks on a musical journey crossing borders, while still preserving the music of the people. Five years later, bridging the distance, urban music embraces diverse traditions and cultures in Laya Project's musical celebration of life.
$21.98 by Clementine and Earth Sync
Shelved in World Music

Elephant Powered Remixes and Omstrumentals cd
By MC Yogi

MC Yogi's energized debut album Elephant Power introduced the world to yoga hip hop. Now, today's top remix artists offer their unique take on your favorite chakra-rocking tracks. Showcasing MC Yogi's conscious lyrics against a soundscape of earth shaking bass, world beats, and ecstatic dance grooves, these remixes are sure to raise the vibration on the dance floor and get you into the yoga flow. Omstrumentals are instrumental versions of the best MC Yogi tracks. Beautifully remastered, these sacred world grooves provide the perfect soundtrack for your high-powered yoga practice and beyond.
$18.98 by MC Yogi and Bhakti Brothers
Shelved in Chant Music

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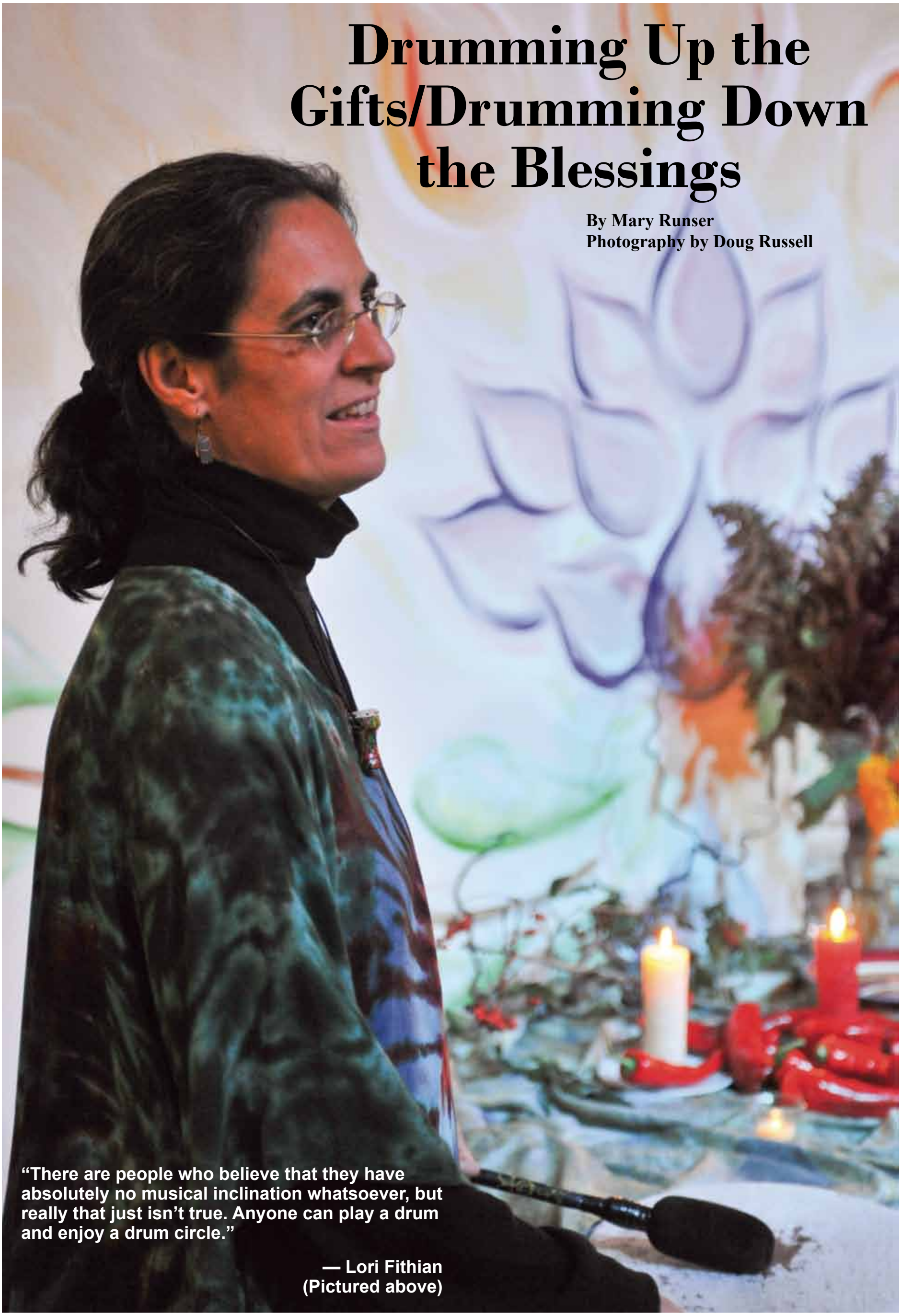
Drumming Up the Gifts/Drumming Down the Blessings

Drumming Up the Gifts/Drumming Down the Blessings

By Mary Runser
Photography by Doug Russell



“There are people who believe that they have absolutely no musical inclination whatsoever, but really that just isn’t true. Anyone can play a drum and enjoy a drum circle.”

— Lori Fithian
(Pictured above)

Drum Circles in Ann Arbor

Since the earliest of times, drumming has been a part of nearly every human culture. Drumming was used as a way to communicate across distances, the rhythms and cadences expressing the news of birth, death, celebration, and war. Throughout the ages, drumming has remained an integral part of those cultures, and now drumming circles are taking on a renewed popularity in many communities around the world.

Drumming circles offer gifts and blessings by fulfilling several basic needs of people within a community. First of all, as Lori Fithian of Drummunity explained, drumming and drumming circles are just fun. "Anybody can play a drum, really. It's not hard to hit a drum with your hand or with a mallet. It's not as difficult as you might think to maintain a beat, and, before you know it, you're having fun and making music." Certainly there are rhythms that are more intricate and require more focus and concentration to maintain, but when you are gathered in a group of people and you suddenly realize you're making music together, it's quite a remarkable moment.

Curtis Allen Glatter, who leads monthly drumming circles and workshops through the Mind, Body, and Spirit Wellness Center, explained that "when it comes to drumming circles, there is no requisite level of expertise. Drumming is for everybody, from the absolute novice to the accomplished musician. Everybody has something to offer, from four years old to ninety-nine and over."

While most of the circles have a facilitator, there is no real leader in the group. The facilitator's job is to get everyone started with a simple beat. As people join the group and gain a bit of comfort, different and varying beats can be added. "There are people who believe that they have absolutely no musical inclination whatsoever," Lori said, "but really that just isn't true. Anyone can play a drum and enjoy a drum circle."

Drumming offers many blessings, such as: stress release, personal growth and empowerment, cooperation, listening skills, diversity awareness, spontaneity and creativity, musical/rhythmic expression, relaxation, wellness, and community-building and connection.

Drum circles can also be intentional. "One Dance, One Drum, One Heart," an event sponsored by Drum4Wellness and the Interfaith Roundtable of Washtenaw County this past fall, was one such event. The goal was for the participants to experience a celebration of self, community, and spirit through drumming, dance, and chanting. The evening opened with community drumming and led into chanting and drumming in the four directions, based on the Native American Medicine wheel.

The drumming, the music, and the sound was different for each direction/element. The drumming/chanting/prayer began in the south, which is the element of water and represents all the emotions, both positive and negative (i.e., happiness, sadness), because the body has to experience all of them and learn to keep them in balance, in order to maintain heath. Next, west is the element of earth, which represents the physical and teaches us to hold our spirits in our physical bodies. Earth is the element that keeps us grounded and helps us to be in the moment. North is the element of air, which represents the mental and encompasses all of our thoughts and beliefs. And finally, east is the element of fire, which represents the spirit, the unique life force that is you.

While drumming to the four directions/elements, my mind was able to go places and visualize those elements, perhaps in part because I had recently been to see the awesome beauty of Lake Superior (water), and also to appreciate the beauty of the mountains (earth) in West Virginia. Now whether this was an experience of an altered state of consciousness or recall, I'm not sure. But I

Continued on page 32

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Drum 4 Wellness with Don Allen
Don@drum4wellness.net
734-480-1219
— at Center for Integrative Well Being —
every third Friday from 7:00-8:30 p.m
42839 Five Mile Rd. Plymouth, MI. 48170
All instruments provided, No experience necessary, $15

— at Interfaith Center for Spiritual Growth —
every first Saturday from 7:30-9:00 p.m.
704 Airport Blvd. Ann Arbor, MI. 48104
All instruments provided, No experience necessary, Donation

— at Marshall Music Company —
every third Thursday from 6:30-8:00 p.m.
3240 E. Saginaw St. Lansing, MI. 48192
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www.drum4wellness.net

Drum Circle with Curtis Allen Glatter —
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www.ihmsisters.org (drum circle information listed under Spirituality link)

Ibrahim Aminou offers private lessons and teaches on Sundays at Relax Station from 6:30 to 7:30 p.m.
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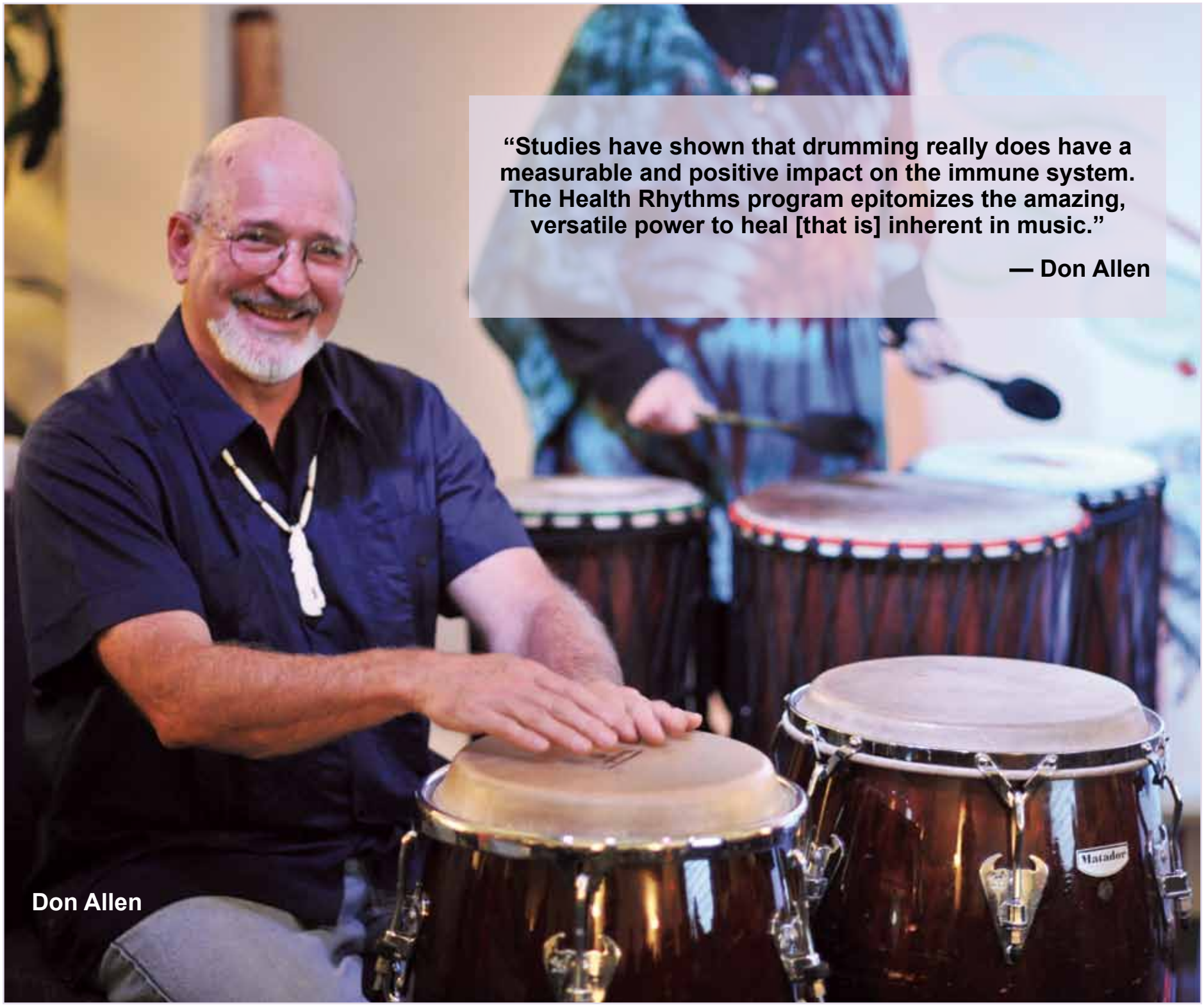
“Studies have shown that drumming really does have a measurable and positive impact on the immune system. The Health Rhythms program epitomizes the amazing, versatile power to heal [that is] inherent in music.”
— Don Allen
Don Allen

Drumming Up the Gifts/ Drumming Down the Blessings

Continued from page 31

know there were moments that I don't really remember drumming, or concentrating on drumming. I just simply allowed myself to be carried away on those rhythms to memories of the things I had recently seen.

The Drum4Wellness event demonstrated another basic human need that drumming fulfills, that of achieving the serenity of an altered state of consciousness. The amazing experience of so many people from varying backgrounds joining together, many without ever having drummed together before, to make such wonderful music was incredible. The energy in the room was palpable, rich and focused, with a grateful spirit for the bounty of the four directions. The evening ended with a meditative chant and dance that encouraged the body awareness of the individual and eventually extended out into the community of participants.

Another basic need that drumming fulfills is building community. I used the word “participant” several times above, and with good reason. Drum circles are about participation, rather than performers and audiences. Drummunity, created by Lori Fithian, is a word that she invented to “express the community-building that happens when people come together around a circle of drums.” The energy of the drum circle is vibrant and infectious, and you can’t help but want to join in.

There are health benefits to drumming, too, as the name “Drum4Wellness” implies. Particularly interested in the wellness aspect of drumming, Lori trained under Dr. Barry Bittman, MD, neurologist and co-founder of “Health Rhythms,” a drum

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Step into Who You Really Are

Drumming is making inroads in areas that one might not expect. Major corporations such as Sprint, Hewlett Packard, and Verizon have all begun to use drumming circles for creative expression and team-building among their employees.

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circle protocol for wellness centers. Research studies have shown that drumming has a direct effect on increasing the activity of white blood cells, the ones that do battle with and destroy cancer and other virally-infected cells. Dr. Bittman believes that drumming is a way of connecting the mind and the body for overall improved health.

Drum circles are cropping up in hospitals, health centers, and wellness centers all across the United States and other countries as well. Lori, a graduate of the University of Michigan with a bachelor of fine arts degree, takes her Drummunity program into local schools and universities, private parties, outdoor community festivals, staff meetings, and international conferences, as well as to events such as Michigan Peaceworks rallies and marches, protest demonstrations, and 4th of July parades.

Don Allen of Drum4Wellness is also a trained facilitator of the Health Rhythms Group Empowerment Drumming program. “Studies have shown,” Don said, “that drumming really does have a measurable and positive impact on the immune system. This program epitomizes the amazing, versatile power to heal [that is] inherent in music.”

Don takes his Drum4Wellness program to grief groups in association with St. Joseph Mercy Hospice and the Visiting Nurses Association of Southeastern Michigan. He also works with autistic children and their families through the Mid-Michigan Autism Association, and has worked with people recovering from drug and alcohol addiction, people suffering from chronic diseases, and community mental health workers.

In addition to being a professional drum circle facilitator, Don is also a professional musician and teacher. “It is my interest in and love for music and the healing arts that have led me to the art of drum circle facilitation,” he explained. Don is also a member of the Tree of Life Drum and Dance Society based in Chelsea, Michigan, which teaches about and performs music of West Africa and the Caribbean at music festivals, special events, and schools throughout Michigan.

Drumming also fulfills an individual’s need for a creative outlet and self-expression. Drum circles aren’t always about following a certain pattern, rhythm or beat; rather, they can be as varied in approach as the people who participate. “Many people don’t understand that there doesn’t have to be a certain beat played,” Curtis said. “In a circle, we may start out drumming a certain beat, but it’s also okay to play multiple beats over top of that main beat. Drum circles are also about being creative, having fun and finding out what you can do with a drum.”

An accomplished drummer, musician, composer, improviser and poet, Curtis seeks to find as many ways and objects as possible to create his music. His compositions have premiered with Trummerflora Collective, Detroit Symphony, Pontiac Oakland Symphony and the Camarada Ensemble. Once a month, he hosts a drum circle at the Body, Mind, Spirit Wellness Center in Ann Arbor, where he encourages participants to play different styles as well as different instruments, and to just enjoy the amazing creative spirit that is inherent in a drumming circle.

Curtis enjoys working with children because they don’t tend to have the shyness or hesitance about self-expression that adults tend to display. “It’s fun to mix that child-play with something that adults can play and learn as well. I wish that adults could just let themselves go the way that kids do.”

Drumming is making inroads in areas that one might not expect. Major corporations such as Sprint, Hewlett Packard, and Verizon have all begun to use drumming circles for creative expression and team-building among their employees. “In many ways,” Curtis said, “drumming circles allow you to see and appreciate the beautiful gifts that others have to offer.” Drumming can be a way to put aside differences and to see and allow commonalities to be born and to thrive within a community.

As part of my research for this article, I participated in drum circles sponsored by Lori, Don and Curtis. I am not a professional drummer, but it is something that has held my interest since attending the Womyn’s Music Festival in Hart, Michigan several years ago. So, I bought a djembe and set about attending these circles, drumming out music with many people whom I didn’t know. But, it didn’t matter that I knew no one, or that I was new to the groups, because they were welcoming and encouraged everyone to join in and make music.

It still amazes me how easy it is to sit with a group of such diverse people and be able to make such awesome music. The circles were fun and instructional at the same time. Now that I’ve attended some drum circles, and have my own djembe, I absolutely will go back and drum again! I love it; it's so tribal and instinctive in many ways.

Nearly anytime I am listening to music, you will catch me drumming out a beat... on the table, my leg, the steering wheel in my truck. I now drum at home alone, and have found it to be an amazing creative outlet. When I sit down to write after drumming, words and creative thoughts seem to flow more smoothly and readily.

Continued on page 34

Drumming Books

The books listed below are available at Crazy Wisdom, or can be readily ordered for you. Support your local, independent bookstores!

When the Drummers were Women by Layne Redmond---A Spiritual History of Rhythm

Drummer’s Path: Moving the Spirit with Traditional Drumming in Performance and Invocation by Sule Greg Wilson

Sacred Drumming by Steven Ash

Healing Drum: African Wisdom Teachings by Yaya Diallo and Mitchell Hall

Bodhran Basics by Stefan Hanningan---An introductory course in the art of playing the Bodhran, covering all the basic techniques needed to accompany traditional and other music.

Caribbean Currents by Peter Manuel---Caribbean Music from Rumba to Reggae

Drum Circle Spirit by Arthur Hull---Facilitating the Human Potential Through Rhythm

Drum Circle Facilitation by Arthur Hull---Building Community Through Rhythm

Sacred Space, Sacred Sound by Susan Elizabeth Hale---The Acoustic Mysteries of Holy Places

The Soul of Hand Drumming by Doug Sole---A comprehensive book for beginners to advanced, solo and circle hand drummers.

The Way of the Pulse by John Diamond, MD---Drumming with Spirit

Sacred Beat: From the Heart of the Drumming Circle by Patricia Lesko

Hand Drumming: Rhythms from Around the World by Thunder Beat

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Drumming Up the Gifts/Drumming Down the Blessings

Continued from page 33

Drumming is a gift, not only given by certain people who have great drumming ability, but rather a gift that anyone can contribute to help the group attain wonderful results. All of the drum circle facilitators I spoke to believe that drumming is a gift that everyone can experience. And as Lori Fithian summed up, drumming offers many blessings, such as: "Stress release, personal growth and empowerment, cooperation, listening skills, team building, diversity awareness, spontaneity and creativity, musical/rhythmic expression, relaxation, wellness, and community-building and connection."

Another basic need that drumming fulfills is building community… Drum circles are about participation, rather than performers and audiences.

If you have an interest in drumming, and even if you don't, I encourage you to try at least one drum circle. At the least, you will have a good time — and you never know, you may well find that drumming really is a blessing for the whole you: body, mind, and spirit. Then you too can drum up the gifts as you drum down the blessings.

###

Curtis Allen Glatter

"In a circle, we may start out drumming a certain beat, but it's also okay to play multiple beats over top of that main beat. Drum circles are also about being creative, having fun and finding out what you can do with a drum."
— Curtis Allen Glatter

Look for us in new places!

In response to requests from our readers and advertisers, we increased the circulation of The Crazy Wisdom Community Journal, and increased our distribution points, by 50%!

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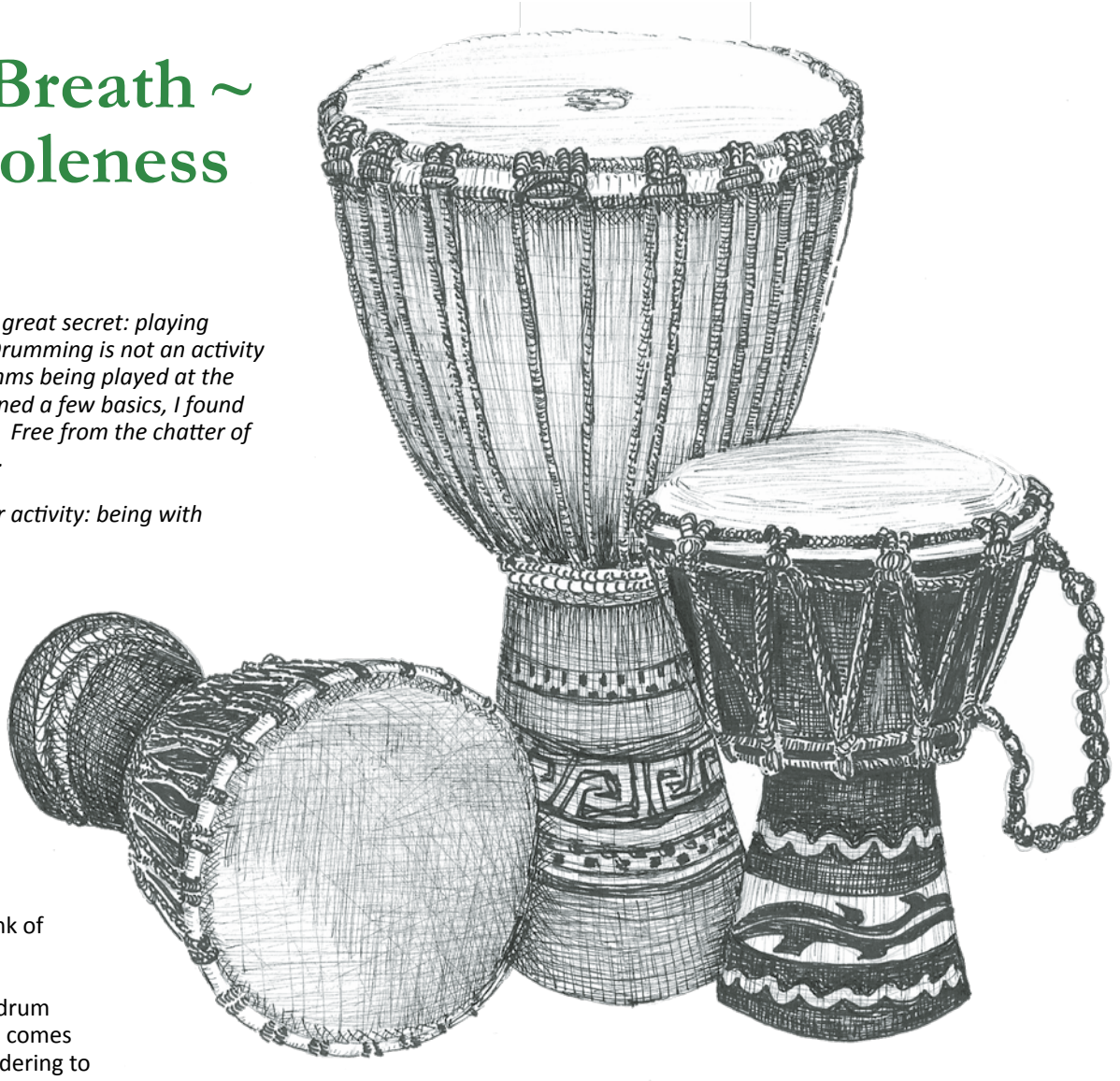
###

Drum, Voice, and Breath ~ Three Paths to Wholeness

By Lindsay Passmore

A few years ago, I signed up for a drum class and learned a great secret: playing drums turns out to be a pathway to deep inner presence. Drumming is not an activity of the brain. To hold onto the beat and listen to many rhythms being played at the same time, you let the body take over. Once my hands learned a few basics, I found out why so many people love creating rhythms with others. Free from the chatter of my mind, I found a place of deep inner stillness underneath.

I fell into drumming around the same time I started another activity: being with hospice patients near their time of death and singing very softly to escort them along their journey. Apart from these experiences, I had also begun a meditation practice based on consciously connecting my breath. All of these things began working on me in surprising ways. More in tune with the joyful presence within, I began releasing emotional habits that had burdened me in the past. Here is my attempt to describe that opening at the time.



Artwork by
Dianne Austin

I am starting to understand a new way of being, a way of sitting more deeply within myself. At times, I am able to meet others in this place, too. There is aliveness and joy in this way of being that is different from anything I have known. For me, it is a precious place. I think of it as a sacred place.

Music is one way I find this connection to deep being. My drum teacher, Paul, described it perfectly. The aliveness, he said, comes from dwelling in your center while at the same time surrendering to the complex rhythms of the drum. Your arms and hands are creating all this movement, and your body is receiving a whole matrix of vibrations; and if you are drumming in a circle, there is the added dimension of weaving your own rhythms with those of the other drummers. And yet within yourself, you can be silent, you can be grounded. You can be in a still place. When the mind and body are able to both create and receive the vibrations, and yet underneath hold onto the stillness, there is an expansion, a quality of joyful spaciousness. There is a way of being united with everything that exists in the present moment, and riding that moment into the next one, and into the next one, and into the next. Paul calls it "drum awakening."

My drum teacher, Paul, described it perfectly. The aliveness, he said, comes from dwelling in your center while at the same time surrendering to the complex rhythms of the drum...When the mind and body are able to both create and receive the vibrations, and yet underneath hold onto the stillness, there is an expansion, a quality of joyful spaciousness. There is a way of being united with everything that exists in the present moment, and riding that moment into the next one, and into the next one, and into the next. Paul calls it "drum awakening."

I first noticed how music can take me to this joyous state of inner expansion a few years ago when I started singing with some friends on a weekly basis. Even something as childlike as singing in rounds can evoke it. As with drumming, I love hearing my own part while fully opening up to the rich layers of other voices. The more complex the song, the wider I have to expand to experience the stillness of my own voice within the larger tapestry of harmonies. Sitting inside a place of inner quiet while creating with my voice feels something like playing in a drum circle. It stretches me into a vast and beautiful interior space.

When I am able to bring this spacious embrace to situations involving emotional pain, the expansion is deeper still, and healing can take place. I think this must be what any good therapist or priest practices regularly. I get to practice it in the Threshold Choir, singing at bedsides with a couple of other women to people who are struggling and often at the threshold of death. When we are at a bedside, we sing very, very softly, re-creating the gentleness that we may have experienced as babies being sung to by our mothers if we were lucky. We do not try to "send" healing, but strive rather to embrace what is, moment by moment. Each song we offer contains a universal truth that is sung over and over like a lullaby, getting softer and softer, and slower and slower, so that its message can gradually sink in. We choose songs that fit the belief system and personal circumstances of the person to whom we are singing. If we sense that it is right, we add some softly layered harmonies. Our words, music, and intentions work together to open access to a field of deep peace and safety, a loving place where the dying person and loved ones can be however they need to be.

When we are at a bedside... each song we offer contains a universal truth that is sung over and over like a lullaby, getting softer and softer, and slower and slower, so that its message can gradually sink in.

Settling into the emotional space of a bedside, it is possible to fully hold the fear or sorrow of the people in the room, yet sing, at the same time, to their absolute wholeness. There is something heartbreakingly sweet about this. This sweetness is so vast that my heart swells and swells – I have to open wide to contain it. It isn't at all like having sympathy for someone. There is no judgment here about whether what is happening *should* be happening. There is just a radical acceptance of what is, a complete container for all that exists in the present moment. The music, offered in this way, opens a doorway for release.

When Threshold Choir members are not singing at bedsides, we rehearse songs and open ourselves to that field of healing vibrations by singing to one another. We have a reclining chair, and anyone who is struggling with anything can lie in the chair in the middle of our circle and be sung to. Sometimes I have kept my eyes open and looked at my dear friends while they tenderly sang to the truest part of my being. I don't know which touches me more deeply, the giving or receiving of this loving gift. We always allow a moment of silence after a song ends. In the quiet, I often feel shivers down my back. I feel changed.

When you breathe without pausing, like babies and animals do, the breath begins to move old, unintegrated emotional experiences to the surface.

I have had precious experiences in solitude of bringing this fullness of being to my own fear or sorrow. These experiences are imprinted on my soul as episodes of grace, healing moments that brought back to life aspects of my self that I buried long ago. They have occurred during my own meditative practice in which attention to the breath is used to focus awareness in the present moment. When you breathe without pausing, like babies and animals do, the breath begins to move old, unintegrated emotional experiences to the surface. It is challenging, but possible, to breathe through episodes of resurfacing pain, while at the same time offering unconditional love and tenderness to the aspect of your being that originally buried it.

Allowing myself to completely re-experience such raw emotions, while simultaneously bringing forth another part of my being that can wholly welcome and embrace my suffering self, is a bit like playing drums or singing at bedsides, but infinitely sweeter. It stretches me into a well of love that is so pure and so deep, I can hardly believe it exists inside me. I do not believe this quality of love is something I can manufacture myself. But I can *open* to it. Resting in that place of healing, where I can be fully myself in the presence of such sweetness, the old pain can reach a state of completion. It is allowed to be, without judgment… and then it is finished. And where there was once a missing fragment of my being, there is joyous reunion. There is freedom. There is peace. There is overwhelming gratitude.

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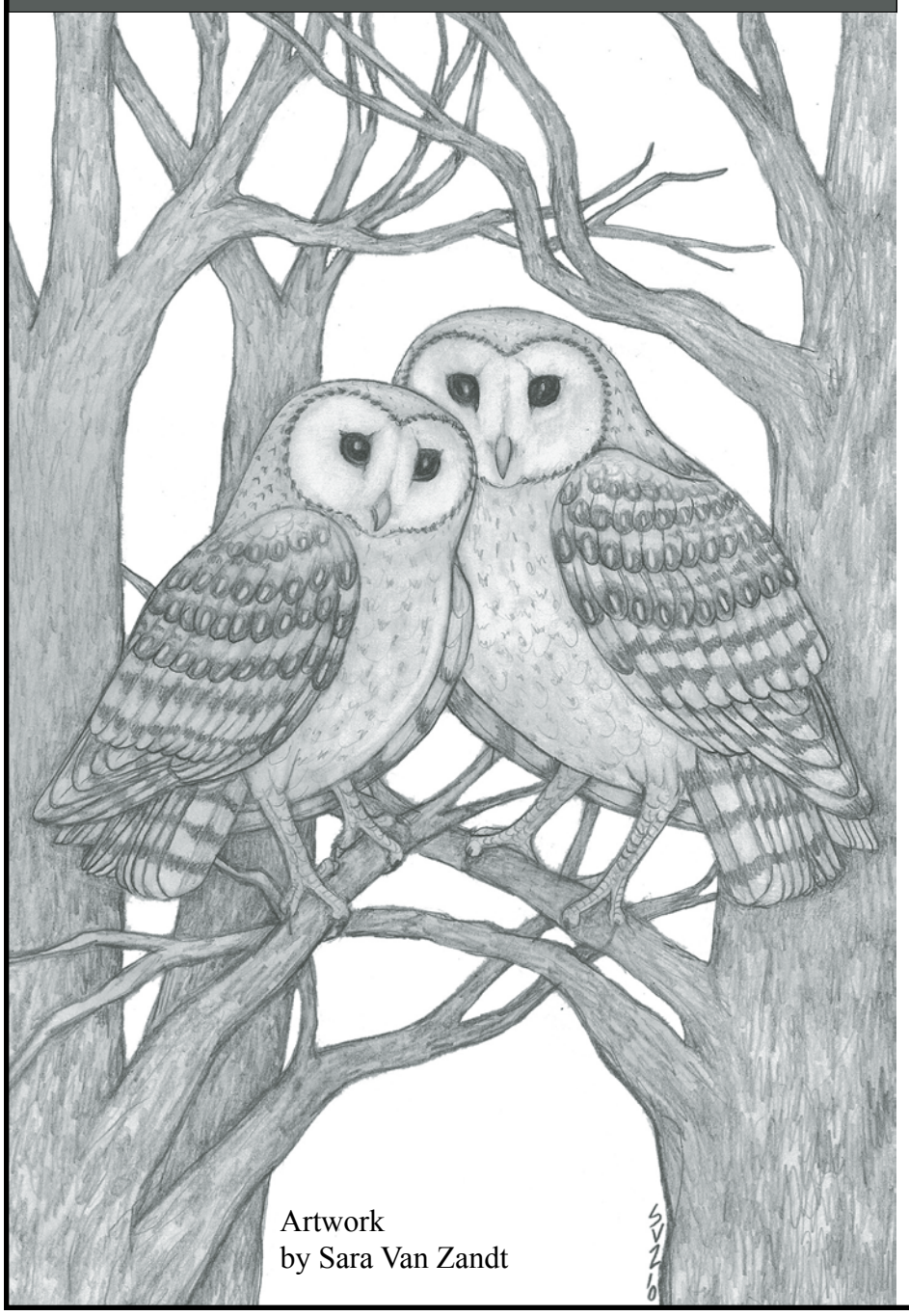
(*Lindsay Passmore may be contacted at: lpassmore@toast.net.*)

Poetry



Artwork
by Sara Van Zandt

Mourning

By Karen Totten

The poet said, “I didn’t mean to see all this.”
But, we see what we know.
and I am standing where the moon has led these many miles,
and you, the bluest star in the thick night.
You are a reflection, a photograph reversed,
circa 1983, when we met – Galileo and van Gogh,
and the arc of where to begin:
all that we walked to and from,
words that formed our methods of rescue.

Now, my hands are winged and waiting.
My hands see you turn away, but
it’s not really you, it’s your illness that has left me.
Whose deception might this be?
Will you stand near my side?
Or if not,
I must attend to my own heart.

At night, I climb into our wide bed,
pull the sheets to my chin,
resign to sleep.

They are solitary places, where you are, and I am.
Together, and alone, someone I don’t know.

The Weeping Tree

By Colette Anne Gehr

We can learn a lesson from the mighty elm in the forest
that bears heartless scars from others but still continues
to blossom and flourish despite its damages.
We can trace with our tender fingertips the gaping wounds,
some jagged and deep, others delicately drawn,
of betrayal, broken promises, and forgotten love,
while the humble giant weeps
for comfort, for compassion, for validation.
We can witness the large, oval tears dropping to the forest floor,
watering the mossy ground and newly sprung violets beneath.
And, we can have faith in knowing
if a supple sapling can withstand the winds of change,
the rain of melancholy, and the torment of quiet isolation
while still bravely opening their buds
to the warm kiss of spring
after bearing the bitterness of winter,
we too, can be just as resilient.
We too, can gracefully endure
the injuries made upon our gentle soul.
We too, can escape out of the darkness and bathe
in the unfailing ray of light sprinkling the forest floor.
We too, can experience rebirth once again.
All we have to do is remember
the strength of the weeping tree.

Crazy Wisdom Community Journal -- Job Openings

1) Assistant Managing Editor --- 15 to 20 hours per week. Help to manage the flow of material for the publication, and help to develop our online presence. Editorial, design, production and digital media skills would be valuable to us. Reasonably good pay. This is a unique, part-time, opportunity for the right person to become a key staff person for us.

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2) Columnist for our *What’s New in the Community* Column -- Be at the heart of the Ann Arbor area’s body/mind/spirit and green living subcultures, by writing this column. We’re published 3 times per year, so that’s 3 columns per year. Perfect job for someone with writing and networking skills who is already deeply rooted in Ann Arbor’s alternative culture. $600 per column for 5,000 to 6,000 words.

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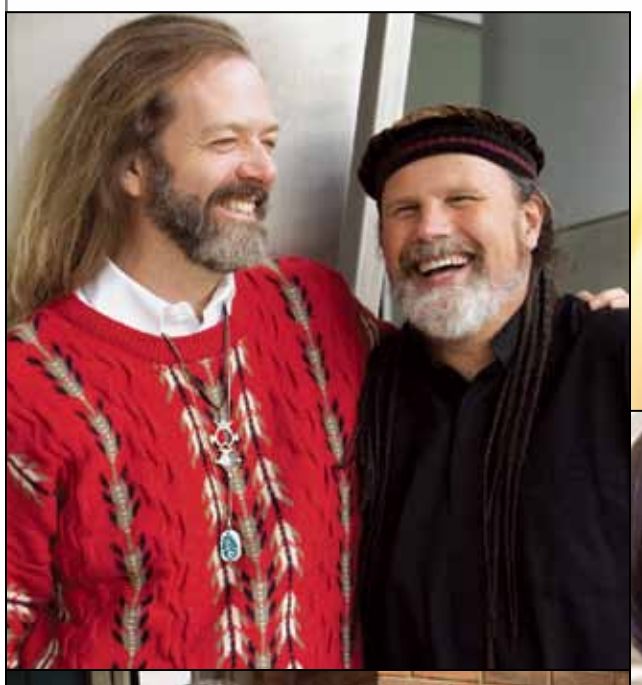
A Special Section devoted to

Gay and Lesbian Spiritual and Family Life in Ann Arbor

A Look at Evolving Attitudes and Practices at Local Churches, Temples, Dharma Centers, and Spiritual Communities ...

and Three Crazy Wisdom Interviews Celebrating the Richness of Gay and Lesbian Family Life, with:

Theresa Bassett
Debbie Zivan
Craig Kukuk and AT Miller



The Divine Gift of Love
comes to all of us equally.

As communities of faith,
we have a special responsibility
to call each other
and our society to extend
God's Gift of Love to all.

We affirm the ultimate value of families:
that every child deserves a loving parent, and every person a loving family;
that families are people who commit their lives to each other through unconditional love, nurturance, guidance, and mutual support;
and include each and every person who makes this sacred commitment to a child or a partner.

The Divine Gift of Love
comes to all of us equally –
to people of all
sexual identities, gender identities,
and sexual orientations.

In loving one another, we cherish
and honor God's Gift of Love.
When women love men,
when women love women,
when men love men,
and when men love women,
we cherish and honor
the Divine Gift of Love.

(This is a portion of the Washtenaw Faith Action Network's *Statement of Values*)

Gay and Lesbian Spiritual and Family Life

The Interweave Group Members, consisting of GLBT and their allies.

By Sarah Rigg
Photography by Doug Russell

A Look at Evolving Attitudes and Practices at Ann Arbor's Churches, Temples, Dharma Centers, and Spiritual Communities

"Who am I — who is anyone — to suggest how love ought to be expressed?"

~ David Bell, the leader of Ann Arbor's Interfaith Center for Spiritual Growth

Note: Those interviewed for this article use different formations of the acronym for "gay, lesbian, bisexual and transgender" (GLBT), including TGBL, LGBT and LGBTQ (with Q standing for "queer" or "questioning"). However, I've chosen to use the acronym GLBT throughout, for the sake of brevity and consistency.

Finding a spiritual "home" isn't always an easy task for gay, lesbian, transgender and bisexual people. Though attitudes in many spiritual and religious organizations have evolved toward members of the GLBT community over the last few decades, many religious groups still have strong prohibitions against homosexuality. Other organizations may be accepting of GLBT members, but won't ordain openly gay and lesbian leaders or perform same-sex marriages.

As I was finishing this article, for instance, the leadership of the Presbyterian Church (U.S.A.) approved ordaining non-celibate gays and lesbians, but continued to debate the issue of whether to change the definition of marriage — thus allowing for same-sex unions — within the denomination. Those kinds of struggles are going on in a variety of spiritual traditions at the local level as well.

However, in Washtenaw County overall, the religious landscape is quite welcoming to members of the GLBT community. There are so many gay- and lesbian-friendly congregations and spiritual organizations in the area that those mentioned in this article don't comprise an exhaustive list, but merely a sampling from a variety of different spiritual paths.

Definitions of GLBT-friendly

As I began my research and interviews for this story, I assumed the greater Ann Arbor area would be a good place for the GLBT community to find accepting spiritual organizations, because it's a university town with a reputation for tolerant and progressive thinking. However, as I talked to spiritual leaders and congregation members, I found that definitions of being a GLBT-friendly spiritual community vary greatly.

For some groups, for instance, being GLBT-friendly means having an active outreach program or special services for GLBT members. St. Andrew's Episcopal Church, for example, offers an Oasis Ministry, with a special Evensong service on the first Saturday of each month.

"Oasis provides a safe, welcoming space for people with different sexual orientations and gender identities," said Oasis Program Coordinator Joe Summers. He said the group not only serves members of St. Andrew's but also works with other area churches that want to be welcoming and affirming of GLBT members.

At the Ann Arbor Unitarian Universalist Church, a social justice group called Interweave welcomes GLBT members and hosts a potluck on the third Tuesday of each month.

"The Unitarian Church in Ann Arbor became a 'welcoming' congregation — that's the designation that lets people know LGBTQ people are welcome — in 1992," said Joan Burleigh, planning team coordinator for Interweave Ann Arbor.

"Over time, people assumed that LGBTQ people were welcome (at the Unitarian church), but nothing was going on to provide an *authentic* welcome to people who came through the door," Burleigh said. "As new folks came, what we were hearing was they couldn't find one another and were wondering how 'out' they could be in that space. That's when we started Interweave, in 2007."

In addition to providing a safe space for GLBT members to meet one another and socialize, Interweave also sponsors occasional programs or forums with breakout discussion groups. The aim of the forums is to educate the rest of the congregation about issues such as gender identity, transgender issues, or how to be an ally to somebody in the LGBTQ community, Burleigh said.

At the University of Michigan's Jewish student group, Hillel, a subgroup called "Ahava" (Hebrew for "love") welcomes GLBT students and their friends, and hosts special events.

Rabbi Nathan Martin, Assistant Director at Hillel, said that Ahava has put on "fabulous programming" around GLBT issues at the university and holds events in conjunction with the Spectrum Center, the GLBT student group at the University of Michigan.

For other spiritual groups in Washtenaw County, being GLBT-friendly means that one's sexual orientation is simply nobody else's business.

David Bell, the leader of Ann Arbor's Interfaith Center for Spiritual Growth, called sexual orientation a "non-issue" in his community. "I try to make it as clear as possible, that (sexual orientation) is simply not an issue," Bell said. "Who am I — who is anyone — to suggest how love ought to be expressed? We have a few folks who are gay and lesbian and come regularly and feel quite comfortable."

Bell said that sexual orientation "can't even begin to be an issue" because of the organization's view of spirituality, which is that all living beings are an expression of divinity.

"We view the so-called prohibitions that are contained in certain biblical passages or the Koran or whatever document as, simply, very ancient expressions of fear," Bell said. "Most of what passes for religion in the world today is what I consider a fear-based control device, and it's totally antithetical to an understanding of one-ness."

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We believe in God's power to transform, transfigure, fulfilling the promise of a new heaven and a new earth where justice and peace will flourish."

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"In Ann Arbor, a number of our clergy are gay and lesbian. There's a strong emphasis on being inclusive congregations that welcome all."

~ Joe Summers, Oasis Program Coordinator
at St. Andrew's Episcopal Church

Rob Henderson, senior druid at Shining Lakes Grove, a gathering of neo-pagans in Ann Arbor, also referred to sexual orientation as a non-issue. "I think we're friendly," Henderson said. "We don't have a sub-group for GLBT members. We have several GLBT members, but it's not something we make a big deal about."

Henderson said that his group's tradition doesn't have "any divine commandment from above saying anything good or bad about homosexuality. It's a non-issue."

He said that, while the group bases some of its rituals on ancient cultures that were not gay-friendly, Shining Lakes Grove has a modern sensibility. "We're very accepting, and those ancient (views of homosexuality) just don't apply."

Sharada Kumar, the *acharya* (spiritual teacher) at the Chinmaya Mission Ann Arbor, said that while she's not aware of any "out" gay and lesbian members, she'd have "no objection" to someone from the GLBT community attending.

"Whatever their preferences are fine with us," she said, adding that there's "no particular opposition" to homosexuality in the Vedantic organization's teachings.

Continued on page 40

Washtenaw Faith Action Network's

How to be a Welcoming Religious Organization—
What can a Congregation Do?

1. Hold open public education sessions for full membership
2. Compose an official welcoming statement and feature it prominently.
3. Display prominently physical symbols of welcome such as flags, pins, a lobby table, a bulletin board, an outdoor sign, as appropriate.
4. Form a committee to plan programs, educational opportunities, events, and to assess progress.
5. Explore the possibilities and conduct weddings or services of union or commitment.
6. Advocate within the larger religious organization and join any official body or committee devoted to TBLG concerns and interests.
7. Provide social support and groups for TBLG individuals—youth, single, adult, and family.
8. Adopt inclusive language.
9. Have a set of trained "hosts" for TBLG visitors
10. Offer premises for TBLG organization use such as P-FLAG, GLSEN, Chorus, WFAN.
11. Organize outings and delegations to TBLG events like Together in Faith, Creating Change, HRC Dinner, etc.
12. Have tables and literature at events like Outfest, Gayz Craze, WRAP, etc.
13. Have strong leadership endorsement and messages in regular newsletter, literature, and worship services.
14. Recognize that you are never done, and strive to continually improve the climate.
15. Stay with and lovingly dialogue with those who resist, maintaining commitment to principles.
16. Provide resources and referrals for those TBLG individuals whom your organization is not prepared to serve in particular ways.

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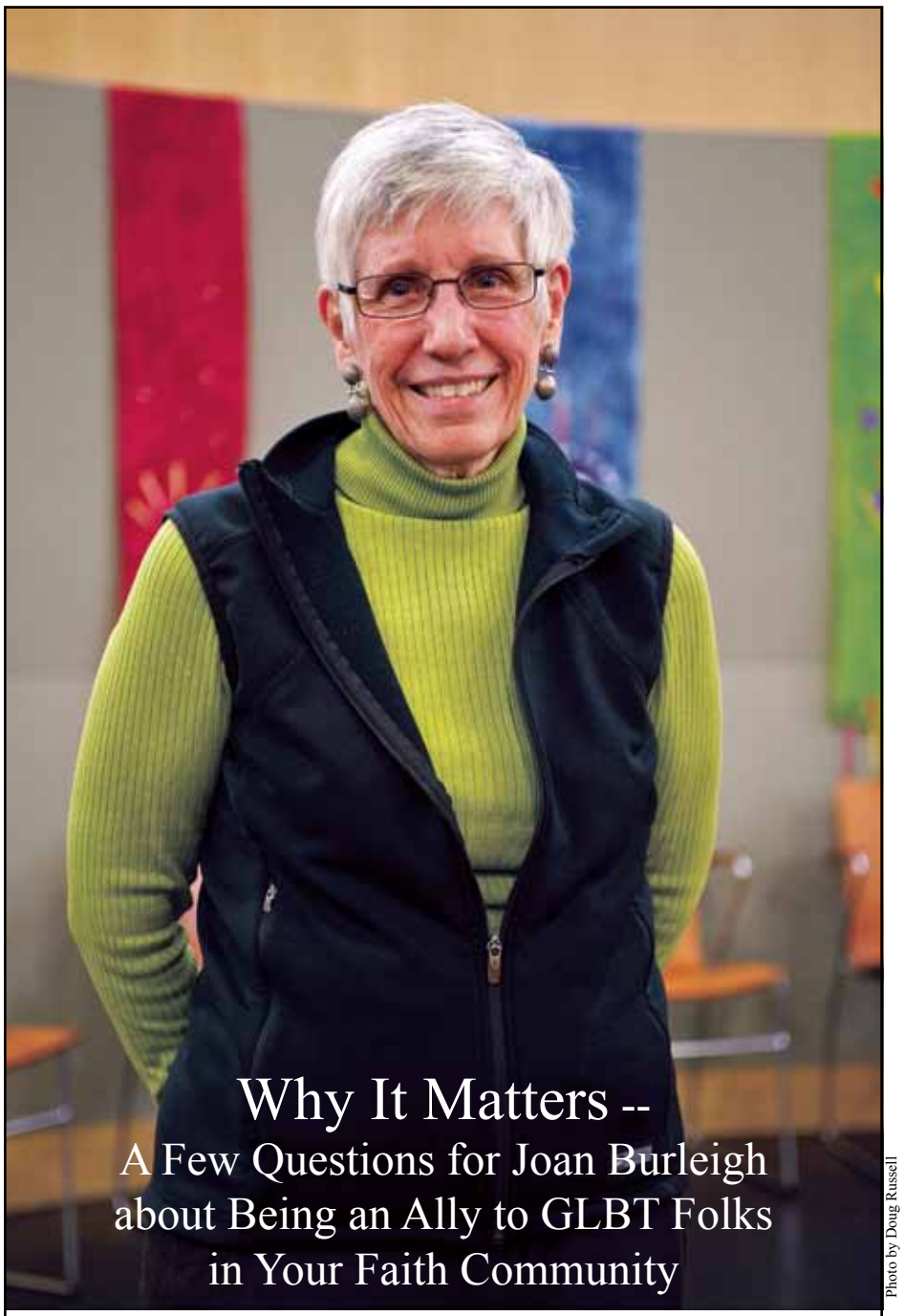

Why It Matters --
A Few Questions for Joan Burleigh about Being an Ally to GLBT Folks in Your Faith Community

Photo by Doug Russell

(Joan Burleigh is planning team coordinator for Interweave Ann Arbor, a social justice group that is part of the Ann Arbor Unitarian Universalist Church. Interweave is a mix of Gay and Lesbian folks and their straight "allies" at the Unitarian Church, and it plays an important role at the church in helping to create a comfortable and welcoming environment for the Church's GLBT members. Many other faith communities have "allies" helping to support their GLBT membership and bring along the rest of their faith congregations.)

What does it mean to be an "ally" to GLBT members of your church?
Allies welcome LGBTQ persons and their families to full participation in all aspects of our faith community. The success of our Interweave group comes in large part from LGBTQ folks and allies working together to transform ourselves, the church and the greater community.

You mentioned that older members of the Unitarian Church would ask you, "Well, why are you involved in this?" What is your answer?
I want to be a part of a vibrant, beloved community that honors the dignity and humanity of every person. My participation in Interweave gives me an opportunity to work toward this goal and to celebrate the lives of all of our members.

How do allies help to move faith congregations to become more welcoming? And why is it important?
Gay folks receive messages of rejection everyday in the media and from some religious groups. They are denied equal rights in our state and country. Allies can help faith communities create a loving space, a refuge that's sustaining, a place of welcome and full inclusion. Active allies have the power to be transformative within their faith communities.

###

In the future, Joe Summers said he'd like to see people stop focusing on terminology — such as "union" vs. "blessing" vs. "marriage"— and start focusing on how to support families of all kinds.

Gay and Lesbian Spiritual and Family Life

Continued from page 39

Terry "Chajang" Beamsley, administrative assistant and senior member of the Zen Buddhist Temple in Ann Arbor, also called sexual orientation a "non-issue."

"We do not attend in any way, shape, or form to people's sexual preferences," Beamsley said. "One of our precepts refers specifically to not abusing sex. Not abusing sex, to us, means not being unfaithful, not essentially using someone's body merely for pleasure. However, it doesn't in any way, shape, or form talk about what kind of person your partner should be, only about showing love no matter who that person should be."

"The national church in the past said yes, you could be a pastor if you are homosexual, but not if you practice. Now, after this decision, it's just much more open. Some of us are very pleased and surprised that it happened, but thankful because some of us have been working for a long time for full inclusion."
~ Gretchen Bingea, Pastor of Ann Arbor's Trinity Lutheran Church

Ann Arbor's Temple Beth Emeth is also GLBT-friendly, in a low-key way. Rabbi Robert Levy said his community is welcoming, but doesn't have a specific outreach program. "We do have gay and lesbian members," Levy said. "Some churches make announcements that they have an outreach, but we don't have a specific outreach. We consider ourselves open to all Jewish people in Washtenaw County."

A third definition of gay-friendly involves actively working on issues of interest to the GLBT community, such as advocating the legality of same-sex marriage and related social justice issues.

In Washtenaw County, the Ann Arbor Friends (Quaker) Meeting and the associated American Friends Service Committee have been, and continue to be, advocates for social justice for the GLBT community.

For instance, there was a movement in 2002 to remove a clause in the charter of the city of Ypsilanti that prevented discrimination based on sexual orientation. The Ann Arbor Friends, members of St. Andrew's Episcopal Church, and several other area churches were at the forefront of the fight to retain the protections in that clause.

These groups were also involved in protesting the passage of an amendment to the Michigan Constitution in 2004 that made it unconstitutional for the state to recognize same-sex marriages or civil unions. In 2008, the Michigan Supreme Court interpreted the amendment to mean that employers could not offer domestic benefits to same-sex partners of employees.

"Ann Arbor is kind of a hub for work around the state within respective faith communities, bringing people together to work toward ending discrimination and prejudice in Michigan as a whole," Summers from St. Andrew's said. "For instance, in February, Oasis worked with the Michigan ACLU (American Civil Liberties Union) to hold forums to talk about how to challenge legalized discrimination from the Supreme Court."

Changing times, changing attitudes

Spiritual organizations in the greater Ann Arbor area also vary in how long they've been GLBT-friendly and where they are in the process of becoming more welcoming. Some religious organizations have been welcoming and affirming of gays and lesbians from the beginning, while others have changed their policies and practices quite recently.

Barbara Brodsky, guiding teacher and spiritual director for Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, said the center has been GLBT-friendly from the beginning.

"I see no prejudice within the Deep Spring community," Brodsky said. "I can't say this is a change. Part of our practice is looking deeply at opinions and fixed views and the ways these lead to suffering. So people may arrive with prejudice but do look at it in practice, and I'd guess they either are able to release it, or simply cease to speak of it."

Many Christian denominations are still in the process of examining how they approach GLBT-related issues.

For the Quakers in Ann Arbor, the route to becoming an affirming congregation was a long one. Decisions about welcoming GLBT members and performing same-sex marriages are left up to individual regional organizations in the Friends tradition.

U-M Sociology Professor Emeritus Max Heirich is a gay Quaker who has seen attitudes toward these issues change at the Ann Arbor meeting. He has been involved with the Friends Meeting and with the American Friends Service Committee since he was in college, working on peace and social justice issues.

He said a book by British Friends called "Towards a Quaker View of Sex," published in 1963, was groundbreaking in its acceptance of homosexuality and started conversations at Quaker meetings all over the globe.

Locally in Ann Arbor, he said the Friends meeting had attracted gay and lesbian members for years, but those members had been "very quiet about it, including me," he said. Then, around 1985, the questions of welcoming gay and lesbian members and performing same-sex marriages started to come up repeatedly at the national, regional, and local levels.

Quakers, Heirich said, make decisions slowly, discussing everything in detail until a consensus or "unity" has been reached. When the GLBT-related issues started popping up at the Ann Arbor meeting, a small group was formed to discuss the issues and then take their findings to the whole group.

"We began talking and finally decided to draw up a proposal for consideration in the larger meeting," Heirich said. He admits to being a little naïve and thinking approval of the committee's proposal would be easy, and was surprised at the resistance the committee encountered.

"Some of the members were not aware I was gay, and one man said we should be studying our Bible and the Bible doesn't approve of that lifestyle. I was in my 50s at that time, and another man said people in their 50s shouldn't encourage people to follow lifestyles that will bring them great pain and grief."

"I was shocked," Heirich said. "I had not outed myself and felt very wounded about these comments."

Discussions continued for seven years, Heirich said, and some members of the community were beginning to become discouraged, when a new meeting clerk decided the discussion had gone on long enough. (There isn't a strong formal leadership structure in Quaker meetings, but the assemblies elect a clerk each year to serve as a leader.)

The new clerk decided that the meeting needed to reach "unity" on the subject by finding common ground. "He said, first, we understand everyone is equal in the sight of God. And second, we understand that we don't marry anyone— the couple marry each other" in the sight of God, and members of the meeting are merely witnesses to that commitment.

A new proposal was put forth that same-sex couples would go through the same counseling sessions that opposite-sex partners do in the Quaker tradition, and those who wanted to witness the ceremony could do so, and those who didn't feel comfortable could simply not attend.

Heirich said that, while not everybody was enthusiastic, about 80 percent were happy and most said they could live with the decision. Those who were still not convinced decided not to stand in the way, a move the Quakers call "stepping aside" on a decision so as not to compromise consensus.

Over time, Heirich said, the meeting witnessed more and more same-sex marriages, and became friendlier to out GLBT members. Quaker meeting attendees wear name badges, and today Heirich and some others wear rainbows on their badges, so visitors and new members can find other gays and lesbians at the meeting.

"All of the liberal Jewish movements ordain gay and lesbian rabbis. That being said, the Reform and Reconstructionist movements have been ordaining gays and lesbians for much longer. The Conservative Jewish groups decided just a few years ago to do that, and it was a big deal for the Conservative movement to make that change."

~ Rabbi Nathan Martin, Assistant Director at Hillel, U-M's Jewish student group

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Trinity Lutheran Church in Ann Arbor has been ministering to members of the GLBT community for many years, but has only started blessing same-sex marriages in the last year. And, the leadership at the national level has only recently allowed gays and lesbians in monogamous partnerships to be ordained.

"That had always been a sticking point before," Trinity Pastor Gretchen Bingea said. "The national church in the past said yes, you could be a pastor if you are homosexual, but not if you practice. Now, after this decision, it's just much more open. Some of us are very pleased and surprised that it happened, but thankful because some of us have been working for a long time for full inclusion."

Among Jewish groups, different traditions are further along the path of acceptance, Hillel's Rabbi Martin said.

"Generally, liberal Jewish movements in this country, which form 70 to 80 percent of the Jewish community, are all very welcoming and open to LBGT participation," Martin said. He added that some traditions within the Judaism spectrum have been doing it longer than others. "They're all on different places on the curve," Martin said.

"For a long time, I was the only gay person at Tsogyelgar Dharma Center," Poppy said. "They do practices in the Buddhist tradition to draw you a partner or a lover, and they did that for me. It was nice, and it worked! They've just been very accepting and loving toward me."

Ordination and leadership

Many spiritual and religious groups in the Ann Arbor area are also friendly and welcoming of gays and lesbians serving in leadership roles.

Among Jewish groups, the Orthodox movements do not recognize gay and lesbian clergy, Martin said, but "All of the liberal Jewish movements ordain gay and lesbian rabbis. That being said, the Reform and Reconstructionist movements have been ordaining gays and lesbians for much longer. The Conservative Jewish groups decided just a few years ago to do that, and it was a big deal for the Conservative movement to make that change."

Levy of Temple Beth Emeth said that 15 or 20 years ago, the reform movement's seminary opposed ordaining anyone who was gay, but the rabbinical association said it would accept anyone of any sexual preference.

Levy said the egalitarian view of ordaining gays was very political a few decades ago, but the support is "solid" now. "Liberal religious groups found it was a foolish prejudice to hold," Levy said. "As people started to question this in liberal religious groups — including liberal Christians — barriers melted away."

Christian groups vary widely in their stance on ordaining gay and lesbian leaders, but the trend has been toward more openness.

"There have always been gay priests, not only in the Episcopal Church but in any other denomination you care to name," Canterbury House chaplain Reid Hamilton said. (Canterbury House is a ministry to University of Michigan students, faculty, and staff that is sponsored by the Episcopal Diocese of Michigan.) "And there have been lesbian priests since we started to ordain women in 1979. We've certainly had gay bishops throughout our history as well. What's changing now is that we're sort of more open about the sexual orientation of our clergy and more prepared to affirm their identity as gay and lesbian people."

Summers also confirmed that "in Ann Arbor, a number of our clergy are gay and lesbian. There's a strong emphasis on being inclusive congregations that welcome all."

However, Summers said the topic is still somewhat controversial nationally. "We just ratified the second openly lesbian new bishop from Los Angeles and there was some opposition from the Anglican Communion," Summers said.

Marrying same-sex couples

Though same-sex unions can't be legally recognized in Michigan, clergy from a number of faith communities perform same-sex ceremonies.

Summers said that in the local Episcopalian diocese, clergy are free to perform same-sex blessings. "I've been at the church since 1987, and that's gone on at least that long," he said.

But while same-sex wedding ceremonies are performed at St. Andrew's and other Episcopal churches, the liturgy hasn't been updated.

"At the national convention, they called for development of a liturgy for blessing same-sex unions, but there's no approval of a liturgy at a denominational level," Summers said. "It's left up to individual diocese to determine whether they do same-sex couple blessings or not."

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Gay and Lesbian Spiritual and Family Life

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Reid Hamilton of Canterbury House agreed. "The marriage liturgies need thorough revision and updating," Hamilton said. "The marriage liturgy we have right now just carries forward some assumptions, both with regard to role of men and women in marriage, as well as some sort of built-in heterosexism we simply need to address."

Other area ministers I talked to for this article who have performed or are willing to perform same-sex ceremonies include David Bell of the Interfaith Center for Spiritual Growth, Rob Henderson of Shining Lakes Grove, Robert Levy of Temple Beth Emeth, Barbara Brodsky of Deep Spring Center, both pastors from Trinity Lutheran, Reid Hamilton of Canterbury House and Haju Sunim of the Zen Buddhist Temple.

Barbara Brodsky, guiding teacher and spiritual director at Deep Spring Center for Meditation and Spiritual Inquiry, said same-sex marriage ceremonies aren't much different than ceremonies for opposite-sex partners at Deep Spring. "The Buddhist sutras do not have any prohibition against same-sex union," Brodsky said. "The prohibition is against that which does harm."

Bell said he's performed same-sex unions, but only a few, saying it was "a mystery" why he didn't get asked to do them more often. He said he's tried to make it clear that all of the ministers at the Center are open to performing these ceremonies for couples, regardless of sexual orientation.

Henderson said he's open to performing same-sex ceremonies. "I've always offered to do same-sex blessings, but no one has asked for it."

Levy said same-sex celebrations happen "irregularly" at Temple Beth Emeth. "I call them weddings, even though they're not legal," he said. "It's not a question of some sort of lesser ceremony."

Anna "Poppy" G. is a member of the Tsogyelgar Dharma Center in Ann Arbor and was married to her same-sex partner in a ceremony there. (She didn't want to give her last name, since she works for a conservative law firm and said she "still lives in a world where not everyone is as accepting" as the leadership at Tsogyelgar.) She describes the Tsogyelgar community as "absolutely accepting."

"Our teacher married my partner and me, and it was a very joyful celebration, part of a summer retreat," she said. "There was a flower girl, we had a quartet with people playing cellos. The whole community gathered in a big field with a grove. We exchanged vows and they blessed our marriage. It was a beautiful ceremony."

Not only did the community bless her partnership, but they also were instrumental in helping her find a partner, Poppy said.

"For a long time, I was the only gay person there," she said. "They do practices in the Buddhist tradition to draw you a partner or a lover, and they did that for me. It was nice, and it worked! My partner, who is also Buddhist, started coming (to Tsogyelgar) about 10 years ago. They've just been very accepting and loving toward me."

At another Buddhist organization in Ann Arbor, the Zen Buddhist Temple, Senior Teacher Haju Sunim said she has performed a Buddhist wedding ceremony for same-sex couples on several occasions. "The ceremony is the same as for heterosexual couples, except as the partners wish to make any changes or additions to the ceremony," she wrote in an e-mail interview.

Brodsky said same-sex marriage ceremonies aren't much different than ceremonies for opposite-sex partners at Deep Spring Center. "The Buddhist *sutras* do not have any prohibition against same-sex union," Brodsky said. "The prohibition is against that which does harm."

She said when she's officiated at same-sex ceremonies, she met several times with the couple and talked about what their vows will be, what they envision, and what concerns they might have. "They were really no different than any other wedding," she said.

Joan Burleigh said that historically, there have been several same-sex weddings performed at the Ann Arbor Unitarian Universalist Church, adding that the most recent one was last fall. She said members of her congregation have also performed political action work and education at the national level in regard to the issue of same-sex marriage.

Heirich said that after the Ann Arbor Quakers came to "unity" on the subject of same-sex marriage, it wasn't long before a couple asked to be married at the Ann Arbor Quaker meeting. The couple in question made it a political issue by applying for a marriage license at Ann Arbor City Hall, which garnered media attention and some negative reactions from local people.

Heirich said he and other meeting members were worried there might be protests during the marriage ceremony, but everything went smoothly. Since then, the membership has witnessed a number of other same-sex ceremonies.

At Trinity Lutheran, Bingea said that she and the lead pastor had always expressed that they were welcoming of all people, but the issue of blessing same-sex unions came to a head last year when they were asked to perform such a ceremony. At the national level, it is left up to the discretion of individual Lutheran pastors and congregations whether to bless same-sex unions, she said.

"We got a request from two of our members, a lesbian couple, to actually perform a same-sex blessing in the church," Bingea said. "It had never been done before." That request brought about a congregation-wide conversation that lasted many months, she said.

"So it came to a point where we opened up the discussion and process to talk about what it'd mean, the implications if we allowed for same-sex blessings in the worship space," said Bingea. Ultimately, the congregation held a vote last year and same-sex blessings in the worship space were approved. The first ceremony for a same-sex couple was performed last summer.

When both pastors came out strongly in favor of performing same-sex blessings, Bingea said she knew there would be some negative fallout.

"We have lost a few families who don't want to raise their children in a church where this is permitted, because of their own personal beliefs and values," Bingea said. "And some congregations have left the Evangelical Lutheran Church of America, too. Lutheran churches around the country have a process they can go through to leave the ECLA. That hasn't been widespread in Michigan, but there was a congregation in Canton that made the decision to leave our denomination over this issue."

Bingea said the leadership knew they might lose people over the decision, but they also believe they have gained members for the same reason. "We firmly believe that people have been attracted to our congregation because of that stance and because they want to be a part of a community that's welcoming to all people," she said.

Toward an egalitarian future

Many of the clergy and lay people I talked to for this article have expressed a lot of optimism about how attitudes are changing toward the GLBT community and same-sex marriage.

For instance, Summers said that urban areas have typically been the place young gay people go to find acceptance, but even the more rural Episcopalian congregations have started to become more open and accepting in recent years.

"Ann Arbor is kind of a hub for work around the state within respective faith communities, bringing people together to work toward ending discrimination and prejudice in Michigan as a whole."

~ Joe Summers, Oasis Program Coordinator
at St. Andrew's Episcopal Church

In the future, Summers said he'd like to see people stop focusing on terminology — such as "union" vs. "blessing" vs. "marriage"— and start focusing on how to support families of all kinds.

Bingea said that change is coming to Lutheran congregations and other Christian groups slowly but surely. "It's just a matter of time," she said. At Trinity Lutheran, although her congregation ultimately voted to allow same-sex ceremonies, she said the vote wasn't the end of the matter.

"After the vote, some people felt they had 'lost.' As pastors, we always tried to listen to what the concerns were," she said. "If we thought people were having a hard time, we'd listen and have discussions with them."

She said that in addition to one-on-one discussions, the congregation also had more formal discussions during the Sunday morning education hour, looking at the scripture verses that pertain to the issue.

"There are only seven scriptures that even mention (homosexuality), and none of them talk about monogamous, loving relationships," Bingea said. "Most of those passages are more talking about a negative expression of power through the use of sexuality."

Over time, according to U-M Professor Emeritus of Sociology, Max Heirich, the Quaker meeting witnessed more and more same-sex marriages, and became friendlier to out GLBT members. Quaker meeting attendees wear name badges, and today Heirich and some others wear rainbows on their badges, so visitors and new members can find other gays and lesbians at the meeting.

Ultimately, Bingea said that her congregation's ministering to those who were still unsure or opposed to same-sex marriages was to emphasize what all Lutherans have in common, instead of the issues that divide them.

"We tried to talk about what our bonds were, what held us together," Bingea said. "The struggle is, how do we stay together when we disagree? The foundation of our beliefs and our faith are greater than any differences with this issue or any other political issue."

She said she is also pleased that after such a long time, she can describe her congregation as a "fully accepting and affirming" congregation for the GLBT community and everyone else.

"Many said this day would come," she said. "I was pleasantly surprised that, in our case, it came last summer. It's been a long struggle."

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Gay and Lesbian Friendly

GLBT-friendly organizations mentioned in this article:

Ahava
Address: U-M Hillel, 1429 Hill Street Ann Arbor
Hillel Assistant Director: Nathan Martin
Phone: 734-769-0500
Website: http://www.umhillel.org/index.php?page=additional_groups#ahava
Details: GLBT-friendly subgroup of U-M Hillel, the Jewish student organization at the University of Michigan. Welcomes GLBT members and puts on special programming.

Ann Arbor Friends Meeting (Quaker)
Address: 1420 Hill St., Ann Arbor
Phone: 734-761-7435
Website: www.annarborfriends.org
Details: The Friends Meeting is explicitly GLBT-friendly, witnesses same-sex unions. Some members may wear nametags with rainbow emblems so that new GLBT members can find them.

American Friends Service Committee Michigan Office
Address: 1414 Hill St., Ann Arbor
Phone: 734-761-8283
Website: http://afsc.org/office/ann-arbor-mi
Details: Quaker group that works on peace and social justice issues. Has a strong emphasis on prison reform, but also addresses local GLBT issues.

Canterbury House
Address: 721 E. Huron St., Ann Arbor
Chaplain: Reid Hamilton
Phone: 734-665-0606
Website: www.canterburyhouse.org
Details: The ministry to U-M staff and students is explicitly GLBT-friendly and displays a rainbow triangle emblem on its Web page.

Chinmaya Mission Ann Arbor
Address: 4760 Packard Road, Ann Arbor
Spiritual teacher: Sharada Kumar
Phone: 734-434-1740
Website: www.chinmaya-aa.org
Details: The leadership said that sexual orientation is "not a problem" and that members of the GLBT community are "welcome."

Deep Spring Center
Address: 3003 Washtenaw Avenue, Suite 2, Ann Arbor
Spiritual director: Barbara Brodsky
Phone: 734-477-5848
Website: www.deepspring.org
Details: The center is accepting and affirming of gays and lesbians, and the leadership has performed a number of same-sex marriage ceremonies.

Interweave
Address: First Unitarian Universalist Church, 4001 Ann Arbor-Saline Rd., Ann Arbor
Interweave planning team coordinator: Joan Burleigh
Phone: 734-665-6158
Website: http://www.uuaa.org/social-justice/faith-in-action
Details: Potluck for GLBT community and allies the third Tuesday of each month.

Interfaith Center for Spiritual Growth
Address: 704 Airport Boulevard, Ann Arbor
Founding minister: David Bell
Phone: 734-327-0270
Website: www.interfaithspirit.org
Details: Sexual orientation is a non-issue here. Minister David Bell is open to performing same-sex wedding ceremonies.

Oasis TBLG outreach ministry
Address: St. Andrew's Episcopal Church, 306 N. Division, Ann Arbor
Program coordinator: Joe Summers
Phone: 734-846-3578
Website: www.oasisministrymi.org
Details: Evensong service for GLBT members the first Saturday of each month.

Shining Lakes Grove
Address: P.O. Box 3901, Ann Arbor
Senior Druid: Rob Henderson
Phone: 734-277-1897
Website: www.shininglakes.org
Details: Sexual orientation is a non-issue, and several members are gay or bisexual. The leadership is willing to perform same-sex union ceremonies.

Temple Beth Emeth
Address: 2309 Packard St., Ann Arbor
Rabbi: Robert Levy
Phone: 734-665-4744
Website: www.templebethemeth.org
Details: This reform synagogue is welcoming to the GLBT community, and the tradition ordains openly gay and lesbian rabbis. The leadership performs same-sex ceremonies.

GLBT-friendly organizations mentioned in this article:
Continued from page

Trinity Evangelical Lutheran Church
Address: 1400 W. Stadium Blvd., Ann Arbor
Pastors: Lori Carey, Lead Pastor and Gretchen Bingea, pastor
Phone: 734-662-4419
Website: www.trinityaa.org
Details: The church recently began blessing same-sex marriages and has statements about the local and regional approach to same-sex marriage posted prominently on its Website.

Tsogyelgar Dharma Center
Address: 7145 W. Liberty Road, Ann Arbor
Spiritual master: Traktung Rinpoche
Phone: 734-663-3842
Website: http://web.me.com/tsogyelgar/Tsogyelgar/
Details: This Buddhist spiritual organization is welcoming of gay and lesbian members and the leadership has performed same-sex marriage ceremonies.

Zen Buddhist Temple
Address: 1214 Packard St., Ann Arbor
Senior Teacher: Haju Sunim
Phone: 734-761-6520
Website: http://zenbuddhisttemple.org/locations/annarbor/index.html
Details: The leadership calls sexual orientation a "non-issue" and performs same-sex marriage ceremonies.

Local GLBT-friendly spiritual organizations not quoted in this article:

Jewel Heart Ann Arbor
Website: http://www.jewelheart.org/chapters/ann_arbor/ann_arbor.html
Details: Leaders at Jewel Heart Ann Arbor indicated they are a GLBT-friendly spiritual community.

St. Aidan's Episcopal Church
Website: www.staidan.org
Details: Local Episcopal leaders confirm that St. Aidan's is GLBT-friendly. It displays a rainbow flag on its Website.

St. Clare of Assisi Episcopal Church
Website: www.saintclareschurch.org
Details: Local Episcopal leaders confirm that St. Clare is GLBT-friendly.

St. Mary's Catholic Student Parish
Address: 331 Thompson St, Ann Arbor
Pastor: Fr. Ben Hawley, S.J.
Lesbian and Gay Ministry: Deacon Romolo Leone, Sr. Catherine Morgan, O.P., Pat Waters
Phone: 734-663-0557
Details: A goal of **St Mary's Student Parish** is to show LGBT students and community members that not only are they welcome in the Church, but also they are an important and valued part of the St. Mary's religious community.

Other resources for finding GLBT-friendly faith communities:

Welcoming Gay Friendly Churches in Michigan:
http://www.gaychurch.org/Find_a_Church/united_states/us_michigan.htm

Pride Source guide to worship:
http://www.pridesource.com/guides_subpage.html?section=guide-worship

GLBT Friendly Churches – a guide to various denominations nationally
http://www.tri-ess.org/churches.html

Oasis Ministry's Religious Resources page
http://www.oasisministrymi.org/religious.html

Washtenaw Faith Action Network:
www.faithactionnetwork.org

Gay and Lesbian Spiritual and Family Life in Ann Arbor

Theresa Bassett (on the right) and her partner, Carol Kennedy, and their son, Finn

An Interview with Theresa Bassett on being a Lesbian Mom with Six Kids and a Fulfilling Spiritual Life in the Unitarian and Zen Buddhist Communities

Photography by Rachael Waring

(*Theresa Bassett was born and raised in Ann Arbor, attending Ann Arbor Public Schools and the U of M. Currently she is working on her MSW at EMU while teaching at Slauson Middle School. "The parenting of four children at home and two in college is what I love most." She also loves camping, traveling, art, music and being with friends. Her partner, Carol Kennedy, has a home day care license, and she began her home day care business almost 20 years ago. Carol received her degree in Early Childhood Education from Northern University. Carol has always been involved in choirs and loves being a member of the choir at the Unitarian Universalist Church.)*

Bill Zirinsky: Please tell us about your family. Your partner? And how many children do you have, and their names and ages?

Theresa Bassett: My partner, Carol Kennedy, and I met more than 25 years ago. Carol has a home day care license, and she's been doing that for about 20 years. Carol received her degree in Early Childhood Education from Northern University. Our family came together through adoption and birth. Our kids are: Maya (19), Olivia (18), Ben (15), Charlie (12), Sam (7) and Finn (4).

Bill Zirinsky: Where were you raised? And what church did you go to? And how do you remember your religious upbringing?

Theresa Bassett: I was raised Catholic and attended St. Thomas Catholic Church. I don't have many fond memories of church but then again, I don't know many people who do! I remember being told a lot of things during preparation to go to confession, or for my first communion or confirmation. I don't remember discussing *anything* and that is probably why I didn't find it very interesting. I am a questioner. Going to college, I left the church, and for five or so years, dabbling, until Carol and I went to the Unitarian Universalist (UU) Church on Washtenaw. We have been attending since 1989. In the last year or so, three of my sons and I have been attending the Zen Buddhist Temple, as well as the UU church.

Bill Zirinsky: And where is Carol from and what is her religious background, and what was her relationship to her church?

Theresa Bassett: Carol is from Birmingham, Michigan, and she was raised Protestant. She was involved in the group in a religious sense, but like myself, didn't have a sense of 'belonging' to anything in a spiritual sense. Music was important to her then and still is to this day.

BZ: Theresa, you mentioned to me that your Catholicism created a "body memory". Please elaborate.

Theresa Bassett: Even after not being involved in the Catholic Church for 20 years, I remember everything in an almost unconscious way from genuflecting, the smells, what to say, when to say it, when to kneel, it is all an automatic response. Just smelling the incense can take me back to an earlier time.

BZ: So, then, what aspects of your Catholic background do you appreciate?

Theresa Bassett: More and more, I appreciate the ritual of the mass and the 'bigness' of it all. I also have found that there is much in the lessons that I can appreciate, that at one time was lost in the delivery. I don't remember the church as compassionate or loving. However, I have since had amazing experiences with individuals (like the late Father Bill from St. Mary's) whom have had an impact on me. Father Bill was genuine, compassionate, and seemed dedicated to social justice.

BZ: When did you and Carol meet, and when did you venture to the Unitarian Church, and why?

Theresa Bassett: Carol and I met at Interlochen where we were both waterfront directors. I think we both wanted something that would give our lives purpose but didn't sense that either of our past practices were the way for us. We had heard a lot about the UU church, and so, in 1989, we decided to try it out. Reverend Ken Phifer was the minister at the time and it proved a great match for us. Ken delivered sermons that we thought were provoking and insightful. We also found that within the church were a growing number of women's circles and we both found a circle to be involved with. Being part of a religious community that also met our spiritual needs. This church was interested in service, justice and was actively working on issues of homophobia and racism.

BZ: And were you married within the Unitarian Church (or have a commitment ceremony)? Please tell us about that.

Theresa Bassett: Reverend Ken Phifer performed a commitment ceremony for us. Not legally recognized, that commitment to each other was important and is still celebrated to this day. With Ken's help, we made the ceremony our own. We closed with the *Apache Blessing*:

Now you will feel no rain,
for each of you will be shelter for the other.
Now you will feel no cold,
for each of you will be warmth to the other.
Now there will be no loneliness,
for each of you will be companion to the other.
Now you are two persons,
but there is only one life before you.
May beauty surround you both in the
journey ahead and through all the years,
May happiness be your companion and
your days together be good and long upon the earth.

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"I would love to know that they value and honor our family for all of the things we bring to the community, but in the end, I think it just comes down to the fact, that we, like all parents, love our kids and want the best for them."

Gay and Lesbian Spiritual and Family Life in Ann Arbor — An Interview with Theresa Bassett

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In 2008 we traveled to California with our children in what was an amazing, one month long road trip. We were able to have a legal ceremony performed, with our children present, at the UU church in San Francisco, as the State of California was still recognizing gay marriages. I had wanted to pull something from our original ceremony to link to this ceremony but was unable to find what I was looking for. At the end of the ceremony, the minister read the *Apache Blessing*. Carol and I were both astounded and felt it was an amazing coincidence or kismet, if you will.

BZ: Has the Unitarian Church been welcoming to you and other gay families?

Theresa Bassett: Very much so. Gail **Geisenhainer**, our minister, is an integral part of creating a welcoming atmosphere. We also are involved in a movement called 'Standing on the Side of Love', which is very supportive of the rights of the LGBTQ community, immigrants and their families. Church is a safe haven for us all. The culture is such that our lives, our children, our commitment is honored. The respect for our community is woven into the religious education curriculum, wording, and symbols. The Interweave group (LGBTQ and allies) meets monthly.

BZ: At that time, in 1989, commitment ceremonies and gay/lesbian weddings were less common. What do you recall of the community spirit evident at your ceremony at the time, and did you feel supported on that day?

Theresa Bassett: We were surrounded by friends, some who are still close friends to this day, who were all wonderful and supportive. It was everything and more than we could have hoped for.

BZ: Your parents were initially "reluctantly supportive". Has that evolved, and how and why?

Theresa Bassett: I think many parents initially struggle with some of their kids and the directions they take. My parents were no different. I think it is doubly hard when parents don't have support in the way of friends, family or their church. Time is this wonderful thing. It allows people to accept new ideas and grow.

BZ: You said to me that "kids are so healing...how can you hold on to that --reluctance"...please talk about that.

"It is really hard to not love when it comes down to it, especially a small person who is so dependent and so darn sweet! Many families that I have talked with see a shift in their relationship with their parents once children enter the scene and parents embrace grandparenting."

Theresa Bassett: It is really hard to not love when it comes down to it, especially a small person who is so dependent and so darn sweet! Many families that I have talked with see a shift in their relationship with their parents once children enter the scene and parents embrace grandparenting. It is more about love and less about judging. All new parents need love and support and I think parents, regardless of where they are in terms of acceptance, don't want to see their children struggle or hurt. This is my experience, but I do know sadly, this isn't everyone's experience.

BZ: You are also part of the Zen Buddhist Temple. How did that come about, and how is your involvement there meaningful?

Theresa Bassett

Theresa Bassett: Part of the curriculum at the UU church is the 6th grade class called *Neighboring Faiths*. In this class, the group visits other places of worship to get a better understanding of other religions. After visiting, Charlie, for whatever reason, really liked the community of people, the meditation and the warmth of the place, both spiritually and physically (they have a wood burning stove in the winter!). Charlie asked if we could go back and we did. Charlie has now found out that there is a children's group so he has left me! I go, work on my meditation and Charlie and his friends work on building forts, meditating, and other fun things. There is much in common between the UU Church and the Buddhist Temple. They share a lot of the same values including community and relationships. The delivery is just different. They are not mutually exclusive. I find much that I enjoy in both.

BZ: So, you've managed to blend an interest in Buddhism and meditation with your connection to the Unitarian Church. Please tell us about how you view that blending.

Theresa Bassett: If you walk into the UU Church, you are likely to see Glen Thomas Rideout leading us in song together, sometimes with drumming, lots of clapping, our minister singing, … a raucous affair. There is a small time for reflection. At the temple, it is mostly a time for reflection and some storytelling but it is very grounding, whereas I would say the UU church is very uplifting. The two together give me balance. I love the singing and dancing that goes on in our sanctuary as much as I love the silence of the temple. And I love that my children also get this duality of ways to worship. They are both incredibly spiritual to me in the moment.

"I think there is a spirit or a fire or a light or an energy that moves within a group, no matter how that group chooses to worship, and I would like to think I am open enough to find it. Whether it is the Quakers or the Evangelical, the Catholic mass or the pagan ritual....there is something that I can find that I appreciate and enjoy. Something that touches my soul. Something that makes me think and moves me."

BZ: You said to me that you "find the spirituality in any place I go to". Please say more.

Theresa Bassett: Being a UU has given me the opportunity to find respect in ways that others worship. I think there is a spirit or a fire or a light or an energy that moves within a group, no matter how that group chooses to worship, and I would like to think I am open enough to find it. Whether it is the Quakers or the Evangelical, the Catholic mass or the pagan ritual....there is something that I can find that I appreciate and enjoy. Something that touches my soul. Something that makes me think and moves me.

BZ: You talked to me about wanting your kids to "spread their roots laterally". Please elaborate.

Theresa Bassett: I didn't invent this idea on my own. If a tree has a strong tap root, just one big root going down, that tree is much more susceptible to being uprooted in a storm. If the roots also grow out, laterally and down, they hold. I want my children to be able to draw on as many faith traditions as possible in a respectful manner so that they have those roots that grow in all directions. Who knows what they might find comfort in, in a time of need? I want them to be healthy and happy and if that includes finding spirituality in other forms, I support that. I don't think we have the one answer. I think the answer comes in many ways.

BZ: Does the "hetero-centeredness" of our culture weigh on your children at all, as kids with two moms? How? And how have you and Carol worked with that?

Theresa Bassett: Being raised in a hetero-centered, racist culture, sometimes I'm not always aware of the ways in which it affects us. Forms, assignments and word usage that assumes that my children have both a mom and dad can be interesting. As a teacher, there may be a concern in the classroom, and it feels like you have addressed it, but then something else comes up and again, something else. At some point, I think to myself, "this isn't about homework or seating arrangement....this is about something deeper". Although I do have pictures of my family in my classroom, I am careful to not 'broadcast' or go overboard in my display. I don't want to be accused of promoting a specific agenda, although some of my colleagues could be guilty of that in a heterosexual sense.

My children have been lucky to be surrounded by people who are welcoming, not just accepting. There are times, infrequent as they may be, that either as a couple or at times our children, have been overlooked or even excluded. Maybe having a gay couple included would make things awkward? Maybe having my children over to play means that they might have to have a conversation with their children about why we have two moms in our household? There haven't been too many situations where we have been overtly discriminated against. However, there have been many subtle and not so subtle oversights or assumptions made. Our kids are intelligent and can

"There is much in common between the Unitarian Universalist Church and the Buddhist Temple. They share a lot of the same values including community and relationships. The delivery is just different. They are not mutually exclusive. I find much that I enjoy in both."

(Pictured clockwise from left) Sam, Finn, Carol Kennedy, Maya, Theresa Bassett, Olivia, Charlie

hold their own, but I would prefer if they didn't have to be always at the ready. In a perfect world we wouldn't have to arm them against racism and homophobia but until then, we do.

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"There haven't been too many situations where we have been overtly discriminated against. However, there have been many subtle and not so subtle oversights or assumptions made. Our kids are intelligent and can hold their own, but I would prefer if they didn't have to be always at the ready. In a perfect world we wouldn't have to arm them against racism and homophobia but until then, we do."

BZ: You teach at Slauson Middle School. Where on the continuum from intolerance to tolerance to acceptance to welcoming do you find the school community, including parents, teachers, students and administrative staff?

Theresa Bassett: Our school communities have only grown in moving along in acceptance of all families. My children have been lucky to have had teachers who truly cared about them. I would love to know that they value and honor our family for all of the things we bring to the community, but in the end, I think it just comes down to the fact, that we, like all parents, love our kids and want the best for them. And teachers, should also want the very best for their kids, all kids. We have a common goal. We have to focus on the things that we have in common and less on where we don't see eye to eye. And sometimes, we just need to be civil. We aren't going to necessarily agree with one another but we can be civil.

AAPS does include sexual orientation in its non discrimination policy and that is important for not only me but for my kids as well. Those words do offer me some protection and are important. I feel very supported by my colleagues and my administrator, which isn't the case for some people.

BZ: How do your kids understand people who are not so welcoming or accepting of your family?

Theresa Bassett: We have tried to explain that some people just haven't had some of the same experiences with people of all backgrounds and that is ok. We will still go on trying to become the best people we can be which is understanding that people are in different places. We need to be respectful and caring.

BZ: You seem to find common ground with people, even homophobic people. That's a spiritual endeavor, yes?

Theresa Bassett: Yes. I want to believe that there is good in everyone. Sometimes it is hard to find but I do believe it is there. I also do believe that until we find common ground, whether it be between gay and straight, people of different races, ethnic groups, etc., we will not be able to dwell together in peace.

BZ: What gives you the strength to be so generous in your attitude towards people who are less than welcoming to you and Carol and your family?

Theresa Bassett: I think everybody is searching. At one point I might not have been so generous. It is a work in progress. I think most of the animosity is based in a lack of understanding and/or fear. As an educator, I always believe people will grow.

BZ: What nourishes you?

Theresa Bassett: I surround myself by things that give me strength. My family gives me joy and love. The communities at both the UU church and the Zen Temple support me spiritually, offer opportunities for service, and give my life meaning. I look forward to service each weekend to recharge myself. Forays out into nature with my children, meditation, drumming, singing, my women's circle and the sermons that challenge me; these all are food for my soul. It keeps me going all week long.

BZ: Anything else you'd like to add?

Theresa Bassett: I just am reminded about how rich my life has become since finding the UU church. We have met so many great people, enjoyed so many community events, shared sad times and glad times. We have celebrated Shabbat dinner with another UU family, participated in Seders, Pagan rituals, and more recently have enjoyed attending the Buddhist temple. I feel like my life is still expanding. The following is the chorus to a hymn called 'Gather the Spirit' by Jim Scott. It hits on why I come together with the UU community or the Buddhist sangha.

Gather in peace, gather in thanks, gather in sympathy now and then. Gather in hope, compassion and strength. Gather to celebrate once again.

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(Theresa Bassett can be reached at: theresabassett1@hotmail.com.)

Gay and Lesbian Spiritual and Family Life in Ann Arbor

An Interview with Debbie Zivan on being a Lesbian Single Mom and Returning to her Jewish Roots

Debbie Zivan and her son, Brayan

Photography by Rachael Waring

(*Debbie Zivan grew up in Rochester, New York. She's lived in Ann Arbor since 1983, when she arrived to study Social Anthropology at U of M. Since graduating, she has worked in the field of health care satisfaction research. She is the mother of 17 year old twins, Misha and Orrin, who live in Missouri, and 10 year old, Brayan, who lives with Debbie in Ann Arbor, and goes to the Hebrew Day School.)*

Bill Zirinsky: Debbie, you were raised as a Conservative Jew. How did you feel about your early religious experiences?

Debbie Zivan: Mixed feelings, very mixed feelings. Much of my time during weekly Shabbat services was spent flipping through the prayer book in an attempt to figure out how much longer the service would last. Getting dressed up to get more in touch with God didn't make sense to me. Hebrew school was marginally better — depending on the teacher. And what a range! From Mrs. Rosenfeld, a sweet older woman who invited kids to her home to experience an observant Shabbat; to Rabbi Hyman, who told me that asking why girls couldn't lead services was inappropriate. At home, religious experiences were short (due to my brother and me finding short versions of readings), sweet, and meaningful — we were all just a little more present for each other during these times.

Bill Zirinsky: You described yourself as having had a "spiritual bent" early in life. Please explain.

Debbie Zivan: Religious life stirred me up. I had strong feelings about services, about Hebrew school, about Shabbat, about holidays. Jewish life offered me the feeling that I mattered and belonged — good feelings.

BZ: You told me that your camp experiences opened up your spiritual life. How?

Debbie Zivan: I went to a Jewish sleep-away camp where there was a powerful synergy between religion/prayer and community: prayer created a deeper sense of community and the community took us deeper into prayer. Camp was an opportunity to experience life without a gap between who I felt myself to be and who I thought I was supposed to be.

BZ: When did you realize you were lesbian?

Well, that was a process. I was 11 when we were vacationing in Florida during the time Anita Bryant was opposing gay rights. I asked my dad for his opinion. He looked me in the eye and, with great sincerity, responded, "If they are not hurting anybody, they should be allowed to live as they choose." That was a moment of realizing. Then, after a conversation with my friend's mom en route to my college interview, my friend told me, "My mom is wondering if you are a lesbian." Another moment of realization. I embraced the lesbian label when my first girlfriend and I broke up, and I began wondering where I should search for community.

BZ: Your parents were supportive of your sexual preference. But they wanted you to be with a nice Jewish girl, yes?

Debbie Zivan: I can sum up my parents' thoughts simply enough: "Keep the faith alive!!" + "Judaism is of great significance to Debbie" + "We want Debbie to have a fulfilling relationship" = "Find yourself a Nice Jewish Girl."

BZ: You indicated to me that your parents really made sure to embrace your choice, and to then find their own spiritual community that would embrace GLBT values? How fortunate you were to have such love from your folks.

Debbie Zivan: Incredibly fortunate! After sorting out their feelings, my folks wasted little time in becoming activists: They started a Jewish Parents and Friends of Lesbians and Gays (PFLAG) group, my mom spoke to audiences of educators and students, and my dad joined the national board of PFLAG.

When they moved to Manhattan they landed at B'nai Jeshurun — a synagogue oriented to progressive social activism. Having responded to me with love and respect, they were ready for a community that was expansive in considering the relevance of Judaism in relation to a myriad of social issues.

BZ: Your parents were supportive of your sexual preference. But they wanted you to be with a nice Jewish girl, yes?
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“Much of my time during weekly Shabbat services was spent flipping through the prayer book in an attempt to figure out how much longer the service would last.”

BZ: You have three children? Can you tell us about that?

Debbie Zivan: I have 17-year-old twins who live with their mom, Mary, in Missouri. When the twins were in middle school, both physical and emotional distance was imposed on us — Mary felt uncomfortable with the twins having a non-traditional family. This distance is difficult and has had significant influence over who I am as a parent.

I also have a son who is 10. Cheryl and I adopted Brayan from Guatemala when he was 2-1/2. Since then, Cheryl and I split, and we share parenting. Adoption, living in a trans-racial family, two moms, two houses — these are some challenges we are tackling.

BZ: You veered from a strong connection to your Judaism for a good part of your younger adult life. What brought you back?

Debbie Zivan: Instructions from the Beatles… “Get back, get back, get back to where you once belonged.” For some years, I’d attended High Holiday services with the same friend. Annually, we’d say to one another: “This year, we’ll find a Jewish community.” Finally, enough momentum built up — based on desire for community, motivation to give Brayan a faith, finding the Havurah (see below), and Jewish institutions making strides toward inclusion — so that I managed to build a bridge back.

BZ: You said, “Being a Jewish parent totally resonates with me.” Please tell us more.

Debbie Zivan: It resonates with the rich quality of Jewish-infused moments we share: singing Hebrew songs, blessing Brayan on Shabbat, and dancing together at bar/bat mitzvah celebrations (clarification to protect my son’s image: by “together” I mean at the same time, but opposite sides of the dance floor). These moments are potent doses of awareness of our relationship’s significance.

For me, being a Jewish parent is organic and practical. I have a bag of Jewish values. When I want Brayan to problem-solve or uncover meaning in a situation, I reach into the bag, pull out a value, and I’ve got the tool I need to begin a conversation.

Recently, I was talking with a friend about an Israel-Palestine news item. Brayan piped up with, “What was that about Palestinians?” With Brayan listening intently (not something I take for granted) and the values of peace and compromise at the ready, I explained my feelings regarding solutions to the conflict.

I want Brayan to possess a clear set of values and a go-to place to fuel up on meaning. Judaism empowers me to empower my kid — that resonates.

BZ: You’re involved in the Reconstructionist Havurah. Tell us about that, and is it welcoming to gay and lesbian members, couples, and families?

Debbie Zivan: The Havurah is a small, intimate, jean-clad group of Jews (if inclined, it is acceptable to dress more formally for Havurah events). Intimacy is nurtured by a mindful approach to prayer/Torah/history/holidays, with the intent of keeping the faith relevant and vibrant.

Torah teaches, “Orphans are more susceptible to pain, so we must extend extra kindness in our dealings with them.” The average Havurah member takes some personal responsibility for inclusion. They understand that gay people have been orphaned by our society — cut off from legal rights, family, and community.

BZ: You veered from a strong connection to your Judaism for a good part of your younger adult life. What brought you back?
Debbie Zivan: Instructions from the Beatles… “Get back, get back, get back to where you once belonged.”

BZ: How has it been for Brayan, as best as you can determine, to grow up with a lesbian mom in Ann Arbor? And has the Hebrew Day School been a welcoming environment to you and Brayan as a multi-racial and non-traditional family?

Debbie Zivan: The many gay/lesbian-headed families advocating for our families makes it a reality for Brayan to answer “cool” in response to the question, “What is it like to have a lesbian mom?” That being said, Brayan’s biggest identity struggles are yet to come (similar to other kids, soon to enter middle school).

I chose Hebrew Day School because I knew he would be treated as an individual, not as a demographic. The teaching staff has lived up to this expectation many times over. Due to the size and culture of the school, each student has a sense of presence in the community. I hope the experience of presence will make it possible for Brayan to feel how his relatively unique demographic serves him.

BZ: “Being a part of good in the world is important to me.” You said that. How does that manifest in your life?

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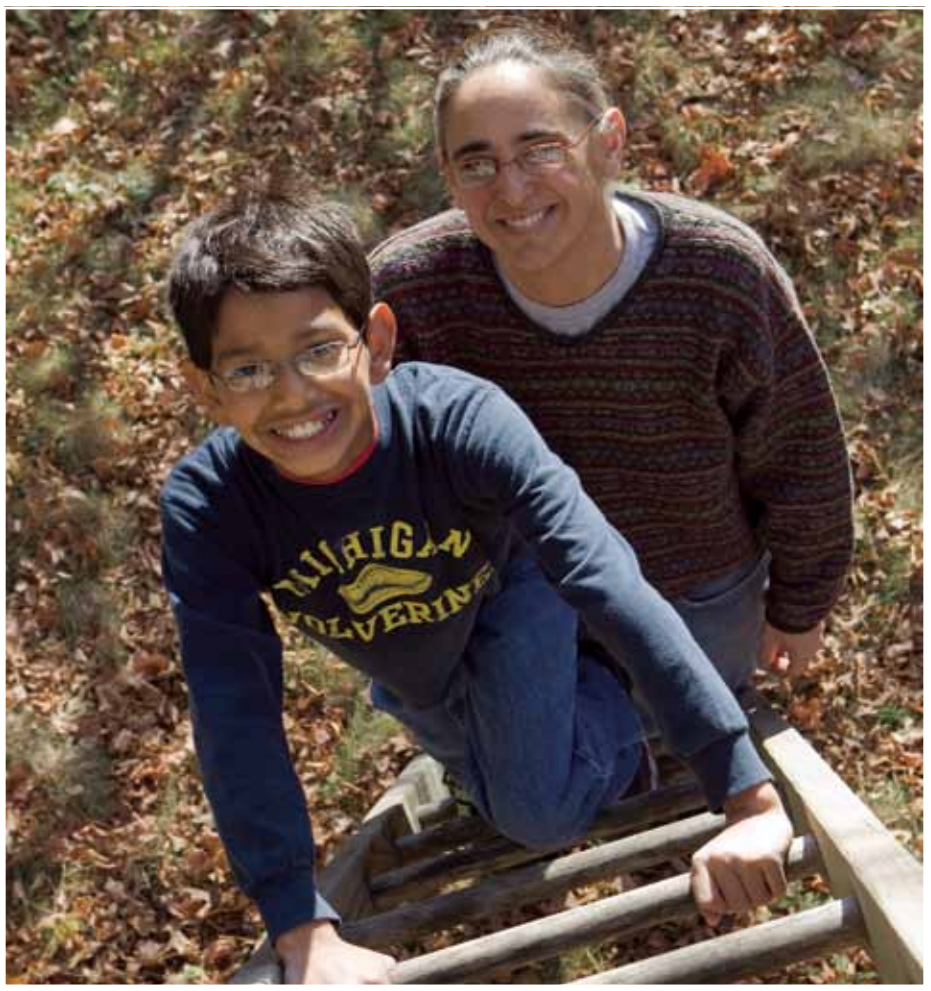
“For me, being a Jewish parent is organic and practical. I have a bag of Jewish values. When I want Brayan to problem-solve or uncover meaning in a situation, I reach into the bag, pull out a value, and I’ve got the tool I need to begin a conversation.”



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Gay and Lesbian Spiritual and Family Life in Ann Arbor — An Interview with Debbie Zivan

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"Torah teaches, 'Orphans are more susceptible to pain, so we must extend extra kindness in our dealings with them.' The average Havurah member takes some personal responsibility for inclusion. They understand that gay people have been orphaned by our society — cut off from legal rights, family, and community."

"I like the idea of living in a multi-faith and multi-cultural world and I enjoy being a Jew. It still evokes a stronger sense of mattering than I feel as an individual."

I buy the notion that the energy from one moment is carried on to the next moment, and then the next one after that. "Big good happens in small moments" — a friend shared that with me recently while dutifully watching our sons play soccer in the freezing cold. It's the summary of an Episcopal priest's sermon. Those words speak to me in answer to this question.

BZ: What else would you like to add, Debbie?

Debbie Zivan: Well, going public by sharing my answers to these personal questions feels awkward, sappy, and preachy. Then I realize, regardless of how this sounds, I need to finish this interview so I can go have some more harmonious moments at the gas station! Other than that...I like the idea of living in a multi-faith and multi-cultural world and I enjoy being a Jew. It still evokes a stronger sense of mattering than I feel as an individual.

I recognize this as an experience across all faiths — that the wisdom of each faith has the power to serve humanity and, in doing so, does a whole lot to keep each faith vibrant and evolving (credit to M. Kaplan, pioneer of Reconstructionist Judaism, for this notion).

###

(*Debbie Zivan can be reached at dzivan@datastat.com.*)

Crazy Wisdom Salon and World Café

Join us for our Winter/Spring 2011 Series.

We invite your participation in four thought-provoking Salons.
Our intent is to creatively address complex topics.
There is no cost to attend. Just show up!

We will gather on Thursday evenings
from January through April
at 7:00 PM in the Crazy Wisdom Tea Room
as our guest speakers share their perspectives
and invite lively conversation.

January 20th -- The Future is Sooner Than We Think! Possible Scenarios in a Precarious and Promising World

Sandy Wiener and Ed Sarath will talk about the coming demise in the existing scientific paradigm of materialism/reductionism, its implications for the resulting transitions in society, and possible strategies and pathways for navigating these changes.

Guest Speakers**: Sandy Wiener** has led a non-linear life for many years. He's worked in Africa and Asia, and visited over 100 countries. He is a student of transpersonal psychology, consciousness and anomalous phenomena. He is a member of the Society for Scientific Exploration. **Ed Sarath** is Professor of Music in the U-M Department in Jazz and Contemporary Improvisation, and he is the Director of UM's Program in Creativity and Consciousness Studies, an interdisciplinary network of colleagues interested in the interior/transpersonal dimensions of the creative process.

February 17th -- The Spiritual Journeys of Couples

What are the pleasures, challenges and nuances of being on a long-term spiritual path, and your partner also being on one? We've asked two thoughtful and deeply rooted Ann Arbor couples to talk about their own spiritual lives, and to engage with others who attend.

Facilitator**: Bill Zirinsky**, co-owner of Crazy Wisdom
Guest Speakers: **Susan Weir** has a background in Zen and Gurdjieff, and teaches vipassana meditation at Deep Spring Center**. Lou Weir** teaches vipassana meditation at Deep Spring Center and is in the teacher training program with A.H. Almaas' Diamond Heart program. **Helen Slomovits** has been a student of Siddha Yoga since 1974, and a student of Andean wisdom as taught by Alverto Taxo since 1999**. Laz Slomovits** is one of the twin brothers in the family folk duo, Gemini, and has also set to music the poetry of Sufi mystics, Rumi and Hafiz. He's been practicing Siddha Yoga since 1977.

March 17th -- An Evening with Barbara Brodsky

Barbara Brodsky, founder and guiding teacher of the Deep Spring Center for Meditation and Spiritual Inquiry, will read from, and take questions about, her newly published book, ***Cosmic Healing, A Spiritual Journey with Aaron and John of God.*** In her book, Brodsky, a nationally recognized dharma teacher, shares her remarkable experience of overcoming the limitations of deafness and partial blindness with the aid of Aaron, a channeled spirit, and the healer John of God.

"I am struck by its sophistication and its lightness, its clarity and its beauty." – Ram Dass, spiritual leader & bestselling author of *Be Here Now*

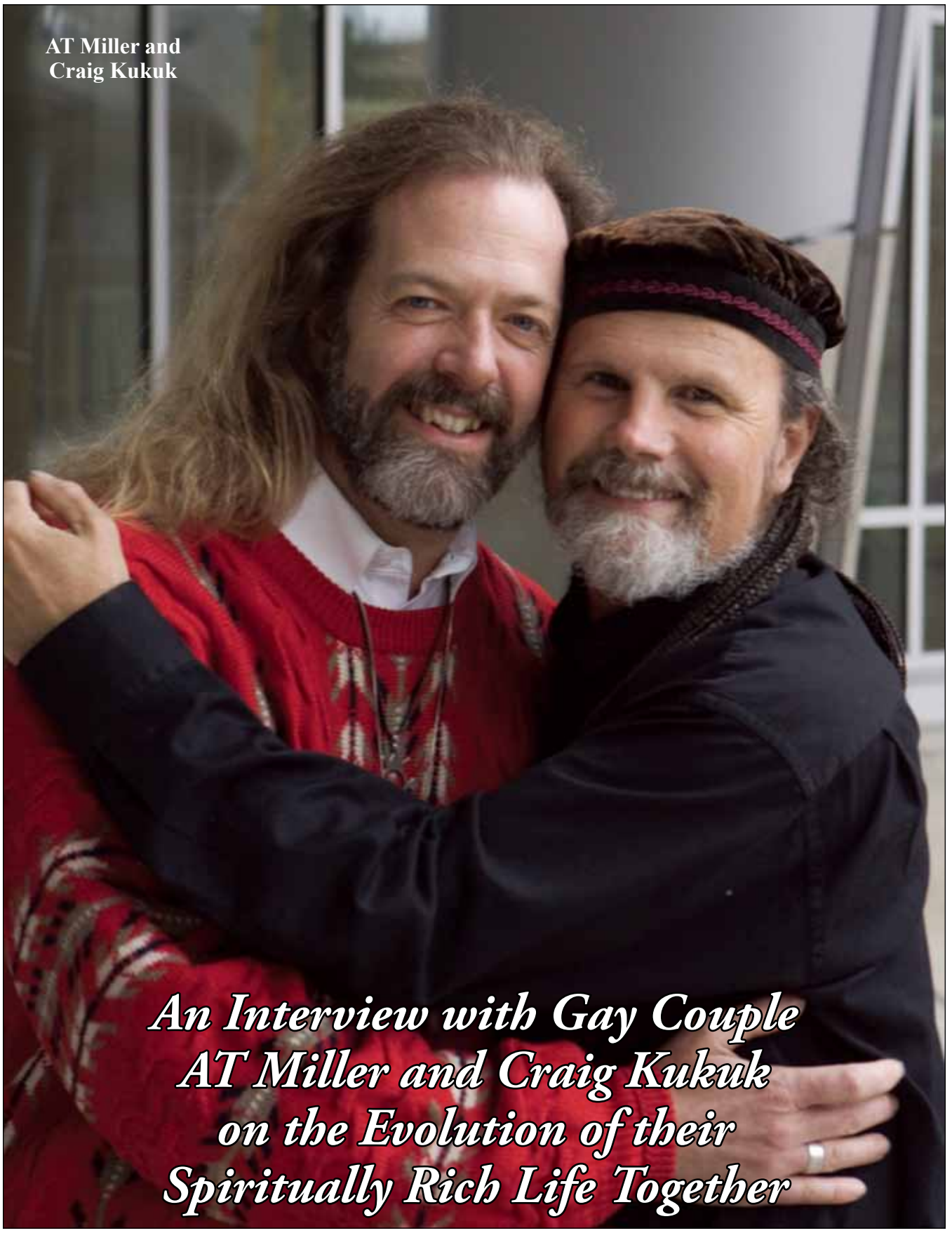
April 14th – Making a Difference in our Community: Developing First Generation College Students with Mentoring, Networking and Love

Come join the discussion about the remarkable program in Ann Arbor -- Girls Group -- that's dedicated to helping disadvantaged high school girls achieve emotional and economic security. Strong educational support prepares them for college while programs and mentoring develop character, leadership, self-confidence, and social consciousness, including the desire and ability to mentor others.

Facilitator: **Lucinda Kurtz**, Healing Science Practitioner
Guest Speakers: **Sue Schooner**, Girls Group, Executive Director. **Vickie Frederick-Toure**, Girls Group, Board of Directors. **Keanna Parks**, Girls Group high school senior

For more information, email Bill Zirinsky at bill@crazywisdom.net,
or call the bookstore at 734-665-2757.
Crazy Wisdom, 114 South Main Street, Ann Arbor - crazywisdom.net

Gay and Lesbian Spiritual and Family Life in Ann Arbor



An Interview with Gay Couple AT Miller and Craig Kukuk on the Evolution of their Spiritually Rich Life Together

Photography by Rachael Waring

(Craig Kukuk is a mental health therapist at Chelsea Hospital, and is also in private practice. He wears other hats, too -- as a small farmer selling homemade soaps, jams, candles, eggs, and artwork at the Saline Farmers' market, and as a musician/singer/songwriter. He and AT live a "historical heritage lifestyle in a rural log cabin at the source of the Saline River, with organic free-range chickens and black sheep".)

(AT Miller is the Faculty Director of the Center for Global and Intercultural Study at the University of Michigan, which is committed to social justice, access, and inclusion. He spent eight years as head of a rural Quaker secondary school in Western Kenya that now bears his name, and he also worked for the National Music Festivals of Kenya for ten years. He is on the Executive Committees of the Friends Committee on National Legislation *and the* Independent Progressive Politics Network. *He loves the outdoors, and he and Craig hike, cross-country ski, and kayak.)*

(Craig and AT, also, are known together as the folk music duo, Bridgewater. *As* Bridgewater, *Craig and AT regularly play at historical sites, libraries, for causes and at local venues. They sing a cappella or with guitar (that Craig plays), and do original songs as well as traditional songs and hymns from the 1800s and singer/songwriter folk music. They have a CD coming out at the end of this year called "Though It's September, It's Still Morning", named for a song AT wrote for Craig at their wedding.)*

Bill Zirinsky: How long have you been together and how long have you been married?

Craig Kukuk and **AT Miller:** We've been together since January of 2001, and married since June, 2006.

BZ: What was your marriage ceremony like?

Craig Kukuk and **AT Miller:** It was a Quaker ceremony hosted by Ann Arbor Friends Meeting, attended by about 300 people in our own chapel on our own land. We walked in to a piper under a large Oak tree, escorted by a Quaker elder and our two flower girls and two ushers—who were all under the age of five. We wrote songs for each other and sang them, and everyone had an instrument under their seat for a large drum circle at the end. Since Quaker weddings were often "doubted" in terms of legitimacy in the past (because only God officiates—there are no clergy), there developed the tradition of everyone witnessing by signing the wedding certificate (they are very large) saying that what they saw was a wedding. This is quite meaningful in our case. We also "jumped the broom" which is an African-American tradition dating to the times of slavery when the marriages of enslaved people were not recognized nor honored. Photos of the event can be found at: http://a2host.us/craig-at/

BZ: And how did your parents and siblings and cousins and aunts and uncles respond to your marriage, and to the marriage celebration?

Craig Kukuk: My dad has dementia, so he wasn't totally aware of what was happening, although he did sign the letter to the Quaker meeting from all four parents requesting the marriage, and at that time he definitely understood what was being asked, and although grumbling, signed it with my mom. My mom learned a lot from some Oprah shows and is incredibly supportive. Both of my sisters attended, and though they don't fully support "gay marriage", their love and support is endless, and they both welcomed AT in the family and consider him a full member. They were great, and a few of my cousins came. Most of my more distant relatives are not supportive and did not attend, though invited.

AT Miller: A very large number of my relatives came, but it is a much larger family—cousins, nieces, nephews, aunts, uncles, and five of six siblings, along with my enthusiastic parents. The four children in the wedding party were my nieces and nephews from two of my brothers. Many members of Ann Arbor Friends Meetings also attended along with our friends and family of choice.

BZ: How did you meet, and how would you describe your courtship?

Craig: A Quaker friend invited us to dinner and neither of us was too impressed. But, a few weeks later, AT asked me out to go skiing (my favorite sport). AT is not so good at it, but we laughed and really clicked. We went to Africa together with AT's family members a few months later and it grew from there.

AT: After the initial "failed" introduction (I did not know that I was a sort of blind date, so I did not really interact much with Craig), we had a marathon first date that started with Quaker meeting, then skiing, then lunch, then a dance performance of Pilobolus, and then dinner! During that Sunday, we discovered an incredible amount of things in common. Music was important with a number of "our songs" supplied by Tina Turner, Anne Doyle, Beth Nielsen Chapman, and others, and incredible bouts of laughter.

BZ: Craig, tell us about your family background. Where were you raised? How big a family? What was your religious upbringing during childhood?

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"...God in the broadest sense of the word embraces me, and loves AT and me as a couple. I would say I am a seeker of truth and I am open. God will not disappoint me."
--Craig Kukuk

Gay and Lesbian Spiritual and Family Life in Ann Arbor — An Interview with Craig Kukuk and AT Miller

Continued from page 51

Craig Kukuk: I grew up in a middle class, white-flight neighborhood in Lutheran, East Detroit. My Dad had been a Marine sergeant, then worked for Detroit Edison. Two sisters and a 50s-style stay-at-home mom. Dad had trouble with alcohol and we had our difficulties. My older sisters left immediately after high school. I think a lot of this caused me to go inward and seek God. My grandmother was a great support and took interest in me, bringing me on outings to Greenfield Village and having me stay over.

AT, what about your family background, and where were you raised, and your religious background?

AT Miller: My mom's family is all Lutheran, Dad's is Quaker—we attended Lutheran primary school (I have six brothers and sisters) and mainly lived in Oak Park, Illinois, an old established and prosperous suburban Chicago community. We spent a great deal of time on Lake Michigan in Lakeside and Harbert, Michigan, where much of my dad's family has had summer homes for generations. My mother's family has had a similar set up on Pewaukee Lake in Wisconsin, so we grew up with many cousins in a very musical family, with lots of sports (golf, tennis, gymnastics, sailing, swimming—and less formal games almost every night) and performances (school, church, and family events). Because of this attachment to place and to many relatives, surrounded by heirlooms, books, and achievements, we had a very strong sense of family history and influence. The immediate family membership was Lutheran during my youth, but I was influenced by the Quaker part of my family, and I started attending the Quaker meeting more in high school.

BZ: Craig, I know you spent some years involved with a Christian community called *Jesus People USA*. Please tell us about that.

Craig Kukuk: Ex-gay ministries are an outreach of the church trying to offer support and "change" through Jesus Christ, and they believe God does not create Gay people. I struggled with "sexually acting out" and then being tormented with guilt. I moved to the JPUSA Commune in 1985, desperate to change, and I would do anything it took.

BZ: So, you spent a long time involved in a Christian way of life which was anti-gay. Please share some of your reflections on that, as you look back, and how those years continue to reverberate in your life now. And also tell us what you remember fondly from those years, and what the "gifts" of that strong belief system were, for you?

..."Suddenly, the denomination declared, sometime around 2003, that Gay people could not be members, and it was very divisive. Several prominent members left the church in protest at the bigotry, including an elderly deacon, who wrote a very beautiful and eloquent letter that she shared with Craig and me, even though she did not know us well, (but was a friend of my parents). My mom tried to stay and fight in the church for several years, seeking a real explanation... it was very painful for her, since the church was so obviously wrong in her eyes."

--AT Miller

Craig Kukuk: I had a simple clear belief in God as my Father—part of the charismatic renewal in the 70's. While others had their drugs, I had the Holy Spirit. Quite simply, I loved Jesus, not really the church. I wanted to be like Jesus and be a light unto the world.

BZ: Craig, how do those years of living and working in an anti-gay religious environment impact your spiritual life now, if at all, or impact your point of view?

Craig Kukuk: I still have an inner deep love for Jesus, but now I don't have all the answers. God is so much bigger than a book or a church. It doesn't really matter to me what others think—I know my heart. I continue to seek God, but it's not limited by Christianity—it's broader. I have to admit that there is a rather deep sadness in me, and some anger towards the church. But I think Jesus would feel the same way.

BZ: You mentioned to me that many of the people working in those Christian organizations were deeply sincere in their beliefs. How have you come to understand their faith and their spiritual lives and good works?

Craig Kukuk: Their sincerity goes without question. Without a doubt they loved me and that's why they got into that work. Their belief system is completely around the Bible and *their* interpretation of it. They wanted to help me. But, the bottom line is, I am who I am, and I've come to peace with that. I do not see the Bible as the supreme authority any longer. That's the breaking point with them.

AT and Craig at their wedding

"I still have an inner deep love for Jesus, but now I don't have all the answers. God is so much bigger than a book or a church. It doesn't really matter to me what others think—I know my heart."

--Craig Kukuk

BZ: AT, you were exposed to both Lutheran and Quaker influences and practices....and you also mentioned to me Episcopalian roots. Please talk about those influences and roots.

AT: My childhood church was a liberal Lutheran church with lots of intellectual and advanced theology, which made its way into the school we attended, connected to that church. With Quaker cousins and grandparents, I often raised questions in our Lutheran school religious lessons, so I was somewhat of a bother to the teachers. My great grandfather was an Episcopal priest, and his father an Episcopal bishop, along with a close set of cousins. While there was a certain austerity to the Quaker background, the vast majority of my family on both sides are jokers, so lots of teasing and silliness were mixed into a rather religious family. Nearly all of my relatives attended religious services regularly (every week) when we were growing up, and we had nightly devotions in our home at various times, and prayers at every meal and at night.

BZ: At what age did you come out, and were your parents accepting of you, at that time?

AT Miller: I was out to myself as long as I can remember, and knew at a very early age. I had a boyfriend in high school, but it was a time period when people did not really "notice" so much and we were not out to make a point publicly. So, I was out to other gay people in high school and college, and that spread to savvy allies/friends. I did not speak directly to my parents about it until my 30s, and my mom blurted out (to my shock), "Oh, I LOVE gay men!" I had thought they would be supportive, but this was a little extreme. Turns out her brother, my uncle, though married, was gay, several of her colleagues, etc. My dad was not as enthusiastic initially, but she brought him around.

BZ: Your family was deeply involved with the Swedish Coventry Church in western Michigan. Please talk about your upbringing in that church, and how that church has welcomed gay and lesbians, or not.

AT: Harbert Community Church. Our family never attended this church as a family, only my parents did in their retirement. It is a low-key and informal church—the only one in Harbert, and Craig and I regularly sang there as soloists when we visited. Suddenly, the denomination declared, sometime around 2003, that Gay people could not be members, and it was very divisive. Several prominent members left the church in protest at the bigotry, including an elderly deacon, who wrote a very beautiful and eloquent letter that she shared with Craig and me, even though she did not know us well, (but was a friend of my parents). My mom tried to stay and fight in the church for several years, seeking a real explanation. She had been president or chair of the congregation and director of education, etc, and it was very painful for her, since the church was so obviously wrong in her eyes.

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BZ: Your parents now live in Ann Arbor, is that correct? And how has their experience with their church in Harbert influenced their current outlook, and their current church involvement?

AT: They pre-screened possible church affiliations in Ann Arbor for being gay-welcoming and gay-affirming after their struggle in Harbert, actually interviewing the Pastors about it.

BZ: When in your life did you get involved with the Quakers in Ann Arbor? And are both you and Craig now members of the Quaker meeting?

AT: I moved to Ann Arbor in August of 2000 and immediately attended meeting, and I regularly serve on committees there. In fact, I think I attended meeting during one of the weekends of my job interviews with the university. I'm still officially a member of a Quaker meeting in Philadelphia for historical and family reasons. Craig is not an official member, and has no interest in being a member of any religious organization.

BZ: In what ways do you feel that your being a gay couple sets you apart in your Quaker community. Do you feel wholeheartedly a part of the Quaker community?

AT Miller: It does not set us apart since there are a number of other gay couples. We attended a couples forum at the meeting several years ago that was very rich, and there were four hetero couples, a lesbian couple, and us. It is nice to be included as one of the diverse people. Craig says, "I don't want to be set apart—I just want to hold my partner's hand when we are in a place of worship. AT is my husband, not my friend." The Quakers honor that.

Craig Kukuk: AT holds some high national responsibilities in Quaker organizations and is completely out and accepted.

AT Miller: People ask about Craig as my husband. The Ann Arbor meeting at one point got worried at our wedding because they had forgotten to pick up the marriage license—we had to remind them that in Michigan there was no such thing.

BZ: More generally, please talk about your own spiritual beliefs, as gay men, yes, but even more so as human beings trying to find meaning and purpose in this life.

Craig Kukuk: I do not want to come off as having figured out God or having any great knowledge. But I know in my heart of hearts that God in the broadest sense of the word embraces me, and loves AT and me as a couple. I would say I am a seeker of truth and I am open. God will not disappoint me.

AT Miller: As someone who helped organize the Washtenaw Faith Action Network, I work hard to have all people see that God is really love-- for them, no matter how bigoted or mistaken some elements of religious groups may be. I avoid anthropomorphic images or statements about God, giving God a gender or decision role, etc. I'm proud of the statement we put together for W-FAN that I shared with you. God is in and with all.

"Craig says, 'I don't want to be set apart—I just want to hold my partner's hand when we are in a place of worship. AT is my husband, not my friend.' The Quakers honor that."
--AT Miller

BZ: What would you like to add, about your experiences as gay men in our culture, and as a gay couple in our culture, in terms of your spiritual lives and evolution? AT, you first. Then Craig.

AT Miller: I have had a powerful and positive spiritual life all of my life, and have had many occasions in the kind of work I do to mentor others on essential life questions. This is a very helpful blessing in a culture where, on a daily basis, people feel free to openly condemn, denounce, and degrade. I use my poetry, music, and teaching as testimony. The Quakers say, "Let your life speak".

"So, I was out to other gay people in high school and college, and that spread to savvy allies/friends. I did not speak directly to my parents about it until my 30s, and my mom blurted out (to my shock), 'Oh, I LOVE gay men!' I had thought they would be supportive, but this was a little extreme."
--AT Miller

Craig: I am deeply saddened by the divide between homosexuality and the church. It is sad to hear Gay people mock God. And it's sad when some in the church don't do their homework. What is said from the pulpit or read in books is often what people assume to be the truth, when, in many cases, there are centuries of misinterpretations of a book that has been altered and manipulated, and there are now traditions and doctrines to back up what is still being perpetuated as the Truth. I think the churches, seminaries and divinity programs need to know what is truth and what is tradition. People are often misled and then are surprised when they discover what the real story is. I believe people would rather seek what's comfortable for them rather than truly seek God's truth. That works for the person who fits well into that tradition or belief system. But for those who do not, it can be a life of hell and condemnation.

I know about the issue of homosexuality because I live it and I know my heart and I have done years of my homework, in order to not give up or lose what's most precious to me--my faith. This may raise eyebrows or it may close doors in my face and that is what hurts the most. I have found that most churches don't really want my story, my testimony. They would rather have me tell a testa-phony in order to perpetuate what they believe. Usually they want to have their own agenda and want to change you instead of taking the time to truly listen to what my experience has shown me--to how God has actually worked in my life. In closing, let me say that it is the responsibility of every human being to do their homework (clergy and others) in order to seek out what the real truth is.

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(AT Miller and Craig Kukuk can be reached at: atmiller80@gmail.com.)

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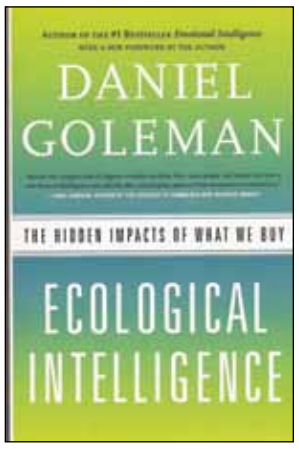
Book Reviews ~ January to April 2011

The book reviews below are for the books selected for our monthly book discussion groups at Crazy Wisdom. The reviews were written by the Crazy Wisdom staff people who will be hosting the individual book conversations. Our book discussion groups are the second Fridays of each month, at 7 pm. They're free, and open to anyone.



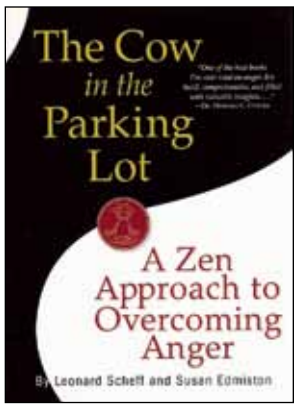
Friday, January 14th

Ecological Intelligence: The Hidden Impacts of What We Buy
by Daniel Goleman

The title of Daniel Goleman's compelling new book is a little misleading. When I first picked up *Ecological Intelligence: The Hidden Impacts of What We Buy,* I thought I would become further informed of the negative environmental impacts of the products buy to make better purchasing choices. Goleman does address this topic, but in a broad sense designed to show the reader that even the most eco-minded actions carry unintentional consequences that negatively impact the environment, our health, and society. Of course, this is a disheartening point, but it is made to support a paradigm shift that is occurring in the world of manufacturing: radical transparency.

Radical transparency will make the environmental, health and social impacts of every step of the making of a product transparent, giving buyers the power to choose products that most fit their values. And this, according to Goleman, will be the motivating factor for businesses to make more environmentally and socially responsible products. A hopeful snapshot of the potential power of our choices, but the question remains: will these changes be enough?

--Rachel Pastiva, Bookstore Manager at Crazy Wisdom



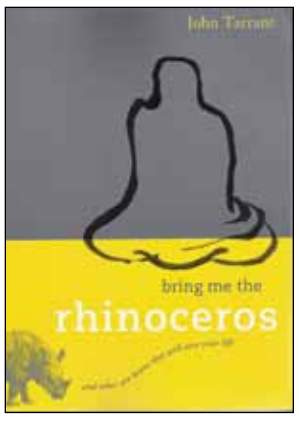
Friday, February 11th

The Cow in the Parking Lot --- A Zen Approach to Overcoming Anger
by Leonard Scheff and Susan Edmiston.

This is an intelligent and mostly interesting book on the Buddhist view of anger. The authors have synthesized the writings of Robert Thurman, Pema Chodron, Jack Kornfield, John Tarrant,Thich Nhat Hanh and others, and written what is, in most respects, a Buddhist/American self-help book. It has chapters on *Pride, Honor and Other Buttons -- Our Sore Spots*; *Unshakeable Calm -- Dealing with the Anger of Others*; *To Be or Not to Be Angry -- You Have a Choice*; and *What Happens When We Give Up Anger*. Many of you already know this stuff, but putting it into practice is another story. Living with anger, in ourselves and others, always provides food for thought and material for personal growth, so this book will be an excellent conversation-starter at the Crazy Wisdom Book Discussion Group on February 11th.

I like the book's exercises, which are interspersed throughout. They give the book an immediacy that makes it worthwhile. We live in a world of our own illusions and projections and wayward thoughts. This book nicely reminds the reader of the daily need to be awake, and how one might make small strides in that direction. If you're interested in the topic, it's really fine to come to the book discussion even if you haven't read the book!

-- Bill Zirinsky, co-owner of Crazy Wisdom



Friday, March 11th

Bring Me the Rhinoceros and Other Zen Koans that Will Save Your Life
by John Tarrant

John Tarrant, Roshi, a psychologist and director of the Pacific Zen Institute, says right away, "Usually taken as some sort of riddle or odd question, a koan actually has its origins in sayings or records of conversations between people interested in the secret of life."

People would come to teachers and "instead of giving kind advice, or step-by-step instructions, the teachers responded to the students as if they were capable of coming to a complete understanding in that moment."

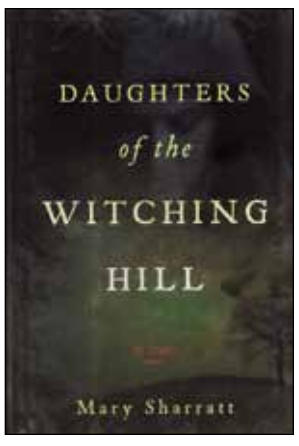
For instance, the rhinoceros koan of the book's title: A traveler had given the governor a fan made of rhinoceros horn, and under the Zen rule that expensive, useless objects flow to those who don't care about them, the governor gave the fan to Yanguan (a teacher).

Everyone forgot about it, until one summer day, Yanguan asked, "Bring me the rhinoceros fan." The assistant said, "The fan is broken." "In that case," replied Yanguan, "Bring me the rhinoceros." The assistant was struck dumb.

Tarrant writes, "When Yanguan asked for the rhinoceros, it was a world-stopping question for the assistant. The glue that connected one thought to another, and that pair of thoughts to another pair, and so on - the glue that made his reality - had failed."

The book chooses fifteen koans that vary widely and are presented with care. John Tarrant sprinkles in opinions and stories from his own life, entertaining and provocative. He begins the introduction, "This book offers an unusual path to happiness ....by subverting unhappiness." It worked for me. I suggest you read at least the introduction and first chapter, about 20 pages.

-- Jonathan Ellis, Honorary Crazy Wisdom Sage



Friday, April 8th

Daughters of the Witching Hill
by Mary Sharratt

In August of 1612 in Lancaster England, twelve Pendle Forest individuals (ten women and two men) were arrested for the crimes of witchcraft and murder. One woman was found guilty of witchcraft, but not murder, and received a sentence of imprisonment. Of the remaining, ten were found guilty of witchcraft and murder and executed by hanging. But what of the twelfth? Elizabeth Southerns, alias Demdike, blind and in her eighties, died in prison before being brought to trial. Nevertheless, she was considered to be a witch on the basis of evidence already given, evidence and testimony presented by her grandchildren. The *Daughters of the Witching Hill* is Elizabeth's story.

Mary Sharratt is an amazing storyteller whose retelling of the story of the Pendle Witches and their lives will stir emotions and deep inner feelings for the fate of these women and their families. The story is told in the first person by Elizabeth Southerns, known as Demdike, a blesser and charmer in Pendle Forest. I was deeply moved by Elizabeth's account of life in 1600s England. Although I knew this period in time to be dark, I felt heartsick reading their accounts of famine, strife, class separation and constant religious changes enforced by the monarchy which made for more misery in their lives. Life seemed sorrowful, lacking the smallest joys. But these women of Pendle Forest would not be held in darkness, they fought with amazing will, strength and conviction to keep themselves and their families together, fed and safe in dangerous times. These women were true heroines.

I consider this book to be a "must read".

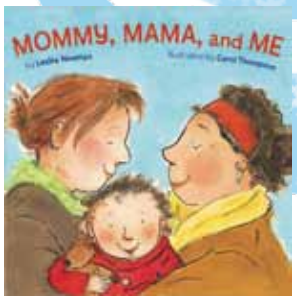
-- Carol Karr, Senior Manager, Crazy Wisdom

The Crazy Wisdom Kids Section

Great kid-relevant articles, reviews of books, music and dvds, and listings for upcoming events for kids.

Children's Book and Media Reviews

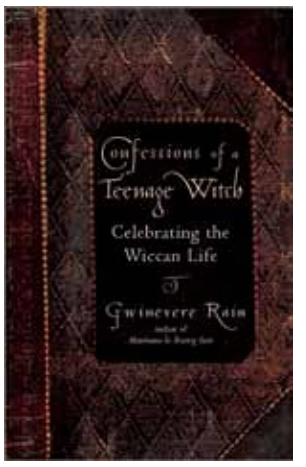
By Sarah Newland, mother of two (ages four and twelve) and devoted parent of Waldorf education



Mommy, Mama, and Me
By Katie Leslea Newman, Illustrated by Carol Thompson
This simple board book happily explores life with two moms for the young child with bright illustrations. I was thrilled to find this sweet book on our shelves! It's perfect for all the families with two mothers, no father, and a whole lot of love.
$7.99, Tricycle Press

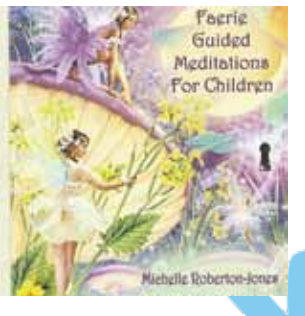
The Snow Leopard
By Jackie Morris
For anyone who is mystified by and drawn to the elusive snow leopard (as we are in our house!), this book is a wonderful interpretation of Himalayan myth. The mystical story is a bit obscure for little ones, but the paintings are beautiful and rich, and is a welcome confirmation of the existence of these magical, unusual animals.
$16.95, PGW

Return to Fairyopolis
By Frederick Warne & Co.
For anyone who loved the original Fairyopolis, this book is a continuation of the magical realm of flower fairies. Written as a diary of a girl in 1933 with her correspondence to her beloved aunt, this volume is elaborately illustrated with paintings, collage, photography, script, and found objects. Also includes an amazing pop-up at the back of the book with sound effects. Both of my children loved this book, as it speaks to many ages in different ways. This would make a wonderful gift.
$19.99, Penguin



Confessions of a Teenage Witch: Celebrating the Wiccan Life
By Gwinevere Rain
This book conveys the real and intimate workings of the Wiccan craft, written by a practitioner since the age of 14. Rain shares her insights and experience as she illuminates the true practice of Wicca, along with essentials such as how to set up a sacred altar, connect with divinity, develop a personal circle casting, celebrate Wiccan holidays, and harness the power of the moon.
$13.95, Penguin

Jazz Playground cd
By Putumayo
Another wonderful recording recently released by Putumayo Kids, this cd is highly entertaining, light spirited, and exuberant. No lullabies on this one! Listen to classics by Lewis Franco and the Missing Cats, Kinderjazz, Barbara Morrison, and Modern Conya, along with many others.
$13.95



Faerie Guided Meditations for Children cd
By Michelle Roberton-Jones
Children are invited to explore their imaginations and enter the magical world of the faeries. Roberton-Jones has been inspired by her three youngest children and a small group of "tiny helpers" from a special place called Sleepy Hollow to write six beautiful visualizations. The aim is to pass on the message to all children that to simply believe is to see.
$15.98, Paradise Music

Making a Family Home
By Shannon Honeybloom, Photography by Skip Hunt
In this oversize book full of colorful photographs, Honeybloom describes her home and family life and explains how she made – and how we can make – a house into a real home of warmth and intimacy for the whole family. She offers supportive encouragement and practical suggestions for virtually every aspect of the home environment, to bring love, comfort, and beauty to your life. Waldorf-inspired but not rigid, limiting or preachy, this beautiful book covers the physical aspects of the home as well as advice on healing, food, and tradition.
$20.00, Steiner Books

Crazy Wisdom Kids

A New Fairy Comes to Town ~

A Talk with the Creators of the Locally Published Fairy Book, *Aprilmae Gets Carried Away!*

Photos by Doug Russell

Rachel Pastiva: Can you summarize the storyline of *Aprilmae Gets Carried Away*?

Diane Friese: Aprilmae is a story about a creative spirit and how a creative spirit can sometimes take us over the top! Most importantly*, Aprilmae Gets Carried Away!* is the story of a community coming together and celebrating their differences and their individuality.

Susan Russell: The storyline follows a well-intentioned Aprilmae on her annual painting mission to fill Fairie Fae with beautiful spring colors. She then attempts to take her talents to the human world, but learned they don't appreciate all of her colorful endeavors. Aprilmae seeks advice from her fellow fairies and Mother Alannah, the Wise Earth Mother. She learns why her artistry was not welcome, and what she must do to repair the harm she had inadvertently caused.

**Creators of the new book, Aprilmae Gets Carried Away ---
(from left to right) Susan Russell, Daniele O'Brien, and Diane Friese.**

"My heart lies with nurturing our little ones in the school environment. I am a huge proponent of public education and readying our newest little citizens for a better world." ~ Diane Friese

"For 33 years, I taught students with significant special needs. I loved working with these young people, helping them become as independent and responsible as possible." ~ Susan Russell

"It's been wonderful having these two women in my life. The three of us have common interests and passions." ~ Daniele O'Brien

RP: I love the main character's name "Miss Aprilmae June". As there are three of you responsible for creating the book, can you speak a little on the process of writing it together?

Diane Friese: Eating and laughing was an integral part of the process.

Susan Russell: Each one of us contributed in unique ways. The story concept was Diane's, and she asked me to co-write this book with her, knowing I am a word nut. She and I pretty much wrote the story word-by-word. Diane offered her fabulous illustrations, and I was the primary editor. Then we asked Daniele to join us. As a talented graphic designer, she provided the final steps in formatting and preparing the manuscript for publication. The process was fascinating, challenging and rewarding. It was amazing how well our varied abilities meshed together.

Not a small factor in the process was all the laughter, singing, and silliness that went into it. Oh, yes, and lots and lots of food.

RP: On your website, screendoorpublishing.com, it says you are looking forward to writing a follow up book. Is a new book already underway, and do you imagine there will be even more in the series? Will the next book also focus on Aprilmae, or will there be a new character introduced?

Diane Friese: A new fairy book is underway. The story takes place in the western part of our magical land where the fairies help to protect the environment and remind humans that they are a part of an awe inspiring natural world. Aprilmae's friend, July, will make a return appearance.

RP: It's no secret that fairies are a very big deal in Ann Arbor. Can you speak on why these magical beings are such good role models for our children?

Diane Friese: Fairies have taken many forms in many cultures. We hope our wee fairies tip-toe their way into the hearts and imaginations of children and help them begin to be exposed to some important issues.

Susan Russell: This is a very thought-provoking question! Fairies touch and engage the child's imagination. They are tiny replicas of humans, (except for the wings, of course), and children love miniature playthings. Lastly, they have magical powers as we all wish we had. As a little girl, I was fascinated by Peter Pan's Tinkerbell. I was certain she had sprinkled me with fairy dust, and I would be able to fly!

RP: How did the idea of Screen Door Publishing come about? What is the meaning behind its name?

Diane Friese: My sister-in-law keeps an old green door in her garden. My mother repeatedly encouraged me to write a story about a magic kingdom existing on the other side. After doing a little research on the name "green door" I found that it was the name of a song from the 50's which referred to activities inappropriate for children! Still, we liked the idea for Screen Door Publishing and the introduction for our first book, *Aprilmae Gets Carried Away!*

Susan Russell: The title of our company, Screen Door Publishing, came from the introduction of *Aprilmae Gets Carried Away*, in which the "screen door" leads to Fairie Fae, the magical land of fairies. Diane, who conceptualized and illustrated the story, suggested the name and the logo for our company, and Danni and I loved it!

RP: How long have you been friends, and how did you all meet?

Daniele O'Brien: I've known Susan Russell since college. We lived in the same dorm, Goodison, at Eastern Michigan University. We lived together all through our early college years.

I met Diane through Susan several years ago. Last summer Suzy, Diane, and I went up north for a long weekend. That was the first time I spent much time with Diane. We spent our ladies weekend singing, shopping, touring, and spitting cherry pits, and a bond was formed!

Diane Friese: Susan I have been friends for about 15 years. We met when our sons were running track and cross country at Saline High School.

Susan introduced me to her long time friend, Danni, while we were on a women's weekend trip to Glen Arbor. Together we shared a great weekend of singing, dancing and general silliness. We have been fast friends ever since.

Susan Russell: Danni and I have known each other since we met in the dorm at Eastern Michigan University. Our friendship developed over dorm water fights, roller-skating derbies, and singing Motown and show tunes.

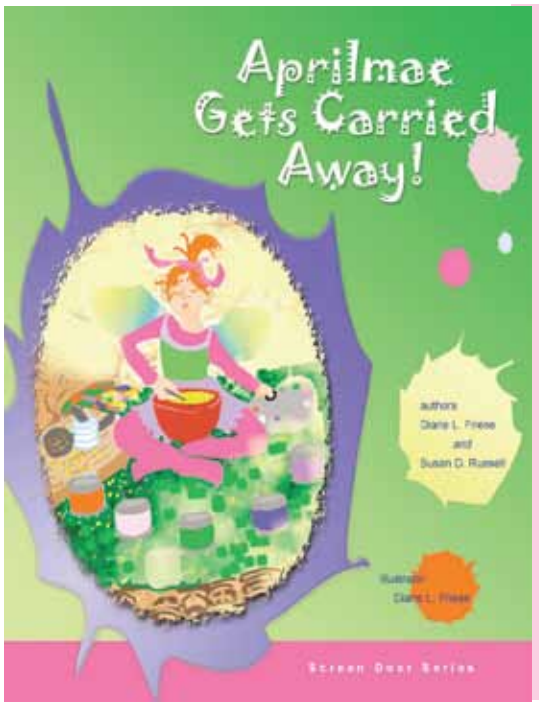
"We hope our wee fairies tip-toe their way into the hearts and imaginations of children and help them begin to be exposed to some important issues."

As Diane said, she and I were devoted parents sitting on the bleachers, cheering on our sons in the cold and the rain. There was lots of rain!

RP: What do you (or did you) do for a living?

Daniele O'Brien: I'm a graphic designer.

Diane Friese: I am a retired educator. My area of interest and, really, my heart lies with nurturing our little ones in the school environment. I am a huge proponent of public education and readying our newest little citizens for a better world.



Aprilmae Gets Carried Away! **written by local authors Diane Friese and Susan Russell. The beautiful illustrations were created by Diane Friese. Daniele O'Brien was the graphic designer.**

The story involves a creative and caring painter fairy, Aprilmae, who loves to make the land of Fairy Fae more beautiful each year by renewing it with beautiful new spring colors.

But, alas, she eventually goes too far, and it gets her into trouble! How does she solve the problem, and who does she seek out for advice?

Susan Russell: For 33 years, I taught students with significant special needs, as an employee of the Washtenaw Intermediate School District in Ann Arbor. I loved working with these young people, helping them become as independent and responsible as possible.

RP: How has collaborating with friends on a children's book transformed your life?

Daniele O'Brien: It's been wonderful having these two women in my life. The three of us have common interests and passions. I think we bring out the best in each other, especially creativity with lots of laughter.

Diane Friese: Working with friends has taught me lessons in patience, sharing, and appreciation of individual styles. Mostly it has brought a great amount of love and laughter.

"They have magical powers as we all wish we had. As a little girl, I was fascinated by Peter Pan's Tinkerbell. I was certain she had sprinkled me with fairy dust, and I would be able to fly!"

Susan Russell: When I retired, I had no idea that my life would go in this direction. For me retirement was not just an ending but a beginning. I knew that I was a bit of a wordsmith, but did not envision that would lead me anywhere. I give credit and thanks to Diane, who recognized this and asked me to co-write the book with her. My longtime friend, Danni, fit perfectly into this process with her graphic designing skills. As a result, phenomenal experiences and people have become part of my life. I learned to be true to myself, and be open to the possibilities that life offers.

RP: What are some of your hobbies?

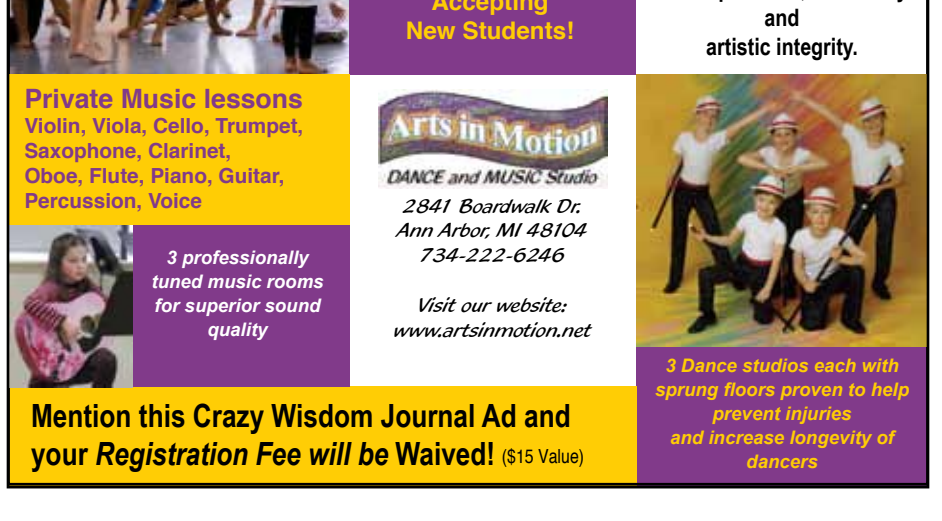
Daniele O'Brien: I garden, draw, collect glass to make garden totems, paint recycled tile trivets, make jewelry, read, and love walking. My current passion is creating Zentangles. I always have my sketch book with me and talk about Zentangles to anyone who will listen!

Diane Friese: Since retiring, I am very fortunate to be living my hobby!

Susan Russell: I love being with my family, gardening and nature, reading, walking, crafting, crossword puzzles, and the arts. Not to mention hanging out with the terrific friends who are in my life. Oh, yes, and writing!!

###

(*Visit www.screendoorpublishing.com for upcoming events and future releases or email the creators individually: Daniele O'Brien: dobriendesign@comcast.net; Diane Friese: dianefriese47@yahoo.com; Susan Russell: rsooz68@yahoo.com*)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Teaching Children About Nature Through Faeries and Nature Spirits

They would love to meet mermaids, brownies, water sprites, and the faeries that care for the flowers and animals.

By Marcia Maria

Think of the magical moments you have had as you walk through a faerieland of flowers. What have you seen or felt that you can't quite explain? This magical land of enchanted beings is what Jennifer Styblo and I wish to convey to children of all ages in our workshops, "Magical Mornings with the Angels and Faeries."

The idea of faeries captivated Jennifer ever since she was a little girl. She says, "I found the meadow near my house to be a magical place where the Queen Anne's lace waltzed in the breeze, the rabbits played, and, I was sure, the faeries were dancing. We played there often, and I always felt a playful and loving presence. In Girl Scouts, I sat with rapt attention to the stories of the brownies— the elves who help their chosen families by performing services at night — and wished that I could see them. In the backyard pond, mysterious bubbles moved to the surface, and I thought of the water sprites that could be sending signals to each other."

She continues, "Faeries are an example of the magic in nature that surrounds us every day that we, as a society, do not take the time to recognize and appreciate. What better time to discover the faerie world than as an innocent child, whose beliefs have not yet been limited by the society we live in? It is important to learn to connect with the earth, to honor her and steward her, while we are still young."

Jennifer's nine-year-old twins, Kimberly and Christina, like to leave offerings of sweetened milk and honey cereal for the faeries under their hydrangea bush. They also feed the birds and collect acorns for the squirrels, to let the fae folk know that they love and respect the earth and the animals. They would love to meet mermaids, brownies, water sprites, and the fae that care for the flowers and animals.

I, too, know and believe in the faerie kingdom, along with all elementals and angels. I reaffirm this each day as I walk through the fields and woods around my home. Slowly an awareness comes upon me, a feeling that I am being watched, secretly. I sense a feeling of shyness by whoever is watching. With each step I take, this awareness builds until a burst of joyful energy washes over me. I have just entered the realm of the field faeries who live near me!

I delight in the exchange of love, joy, and happy energy, along with sensing that I am being invited to play. Keeping this belief alive for children of all ages is important. So often, this connection to fae folk and angels is lost as children mature, because most adults think that these nature spirits are make-believe.

When my granddaughter arrived twelve years ago, I made a conscious choice to introduce her to the nature spirits. From the time she was a few months old, we would take walks through the fields and woods, touching plant life to feel their energy. Even at an early age, she expressed that the trees "tickled" her when she hugged them. She would talk about the "shining lights" she saw when we called out to the faeries.

I, too, know and believe in the faerie kingdom, along with all elementals and angels. I reaffirm this each day as I walk through the fields and woods around my home.

The "Magical Mornings with the Angels and Faeries" workshops were designed for children ages four and older. The workshop begins with a story about faeries or angels, and culminates with a colorful, nature-based craft related to the story. At a recent workshop, we made faerie tambourines out of grapevines and decorated them with flowers, ribbons, and bells.

Jennifer and I delight in helping children discover the playful, loving, joyful, energy that the faeries and angels share with us. We invite parents and their young children to explore the enchanting world of faeries and angels with us through stories and artistic endeavors. "***Magical Mornings with the Angels and Faeries"*** allows us to share our love for children while encouraging their creative talents to come forth.

###

(To see a video with beautiful illustrations of the faeries and their world, go to: http://www.youtube.com/watch?v=-KNS-v2iuAA For more information on "Magical Mornings with the Angels and Faeries," call (419) 283-4344 or send an email from the "contact" page at www.thecosmicgoddess.com.)

Conscious Parenting

How to Connect to Your Child

(So They Can Connect to the World)

By Annie Zirkel

Safe, secure attachment is an essential ingredient to raising emotionally healthy children. How we connect, how we disconnect, and how we reconnect with our children provides a framework for developing their abilities to form strong, healthy relationships now and later on in life.

There are many reasons caregivers may struggle with attachment to their children: Having had poor models themselves or a childhood history of neglect or abuse, dealing with postpartum depression or other mental health issues, or extremely challenging stressors such as financial worries, lack of support, or even sleep deprivation. For all these reasons, a parent's ability to attach to their children may be inconsistent or even questionable. And, of course, we can't forget each child's temperamental and special needs for attachment, which add to the complexity of getting it right.

The encouraging news is that, despite all these challenges, most parents have enough emotional health and personal support to give their children the reasonably consistent, healthy attachment they need. And even for those who don't, having an understanding of what to strive for can be a good start.

What good attachment requires is the ability to find the relationship's rhythm and move *with* the beat. It means being conscious enough and open enough to allow your child to set the tone, when possible, and being kind enough when it is *you* who needs to take the lead.

It starts with noticing and honoring both when your child wants to engage and when they want to back away. Paying attention to eye contact, proximity, and the child's level of interest can all give clues to how the connection feels. Especially valuable in gauging that moment's bond is noticing the child's emotional and anxiety limits — whether they are expressed through shutting down or by becoming irritable.

What good attachment requires is the ability to find the relationship's rhythm and move *with* the beat. It means being conscious enough and open enough to allow your child to set the tone, when possible, and being kind enough when it is *you* who needs to take the lead.

Comments like "Watch me, Mom!" and "Dad, can you help me with this homework?" or just sitting near you on the couch are requests for attachment. Squirming to get away, averting their eyes, or ignoring you are signals that they would prefer to detach at the moment.

Detachment and reattachment can also be tricky. In fact, separation anxiety is about a child working through detachment issues. Later on, that same child might run to the other kids at preschool without looking back, ready to join her peers. And, of course, parents need to pay attention to their own attachment issues. Whether they manifest as needing a break or as an urge to run after that preschooler and hold them tight, it's important to be aware of when it's really *your* issue.

For each parent/child pair, there will be ages and stages that make connection easier or less so. Some parents do well with babies, but struggle with power-seeking two-year-olds. Others hit their stride when kids are in elementary school but lose the beat when they hit puberty. Still others find that attachment flows better in the teen years, when adolescents are able to use reason (occasionally!), or when their kids move out and there is more space between them.

Other challenges include who picks the tune — school, hygiene, diet, behavior, chores? And who chooses the tempo. Is it upbeat? Double-time? Melancholy? Pleasant? Impatient? Given these aspects, it's easier to understand why we (or our partner) might want to sit this one out.

For myself, I lost the rhythm with my youngest son when he was dealing with some learning challenges in late elementary and early middle school. How many times had I not noticed that his angry outbursts or his attempts to hide behind his arm or his hair as we worked on a task were his way of telling me that he needed a break? So intent on making one last point, so focused on my goals, I missed these cues.

Things are better now. In fact, contrary to the complaints of some parents, texting has been a less intense way for my children and I to connect:

Son: I'm downtown. B home by dinner.
Me: OK — how was school?
Son: Oh yeah, I got a 60 on my math test.

Hmmm...You can see why connecting through text might be a bit easier! And while we do need to talk about that grade, at this point I'm just glad my sons are still reaching out.

Honoring our children's attachment needs while teaching them how to be the kind of person that others want to attach to, and helping them push through momentary anxiety so that they can deal with imperfect attachment, are the goals — and a balancing act. The key is to find the beat, try not to step on each other's toes, and allow each partner to take the lead sometimes.

The good news is that when children experience good attachment, even if imperfect or given a late start, they have something to pass on to those with whom *they* connect with. Which gives hope not only for the future of attachment, but also for overcoming a challenging past and, possibly most importantly, for the "now" of every parent-child connection out there.

###

(*Annie Zirkel, LPC, is a local Parenting & Relationship Consultant and author of* You'll Thank Me Later ~ A Guide To Raising Grateful Children (& Why That Matters). *You can find more of her writing at www.anniezirkel.com.)*

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The Best of Both Worlds ~

Local Doula and Author Cynthia Gabriel Empowers Women to Create Natural Birth Experiences Within a Hospital Setting

Photos by Rachael Waring

(Cynthia Gabriel received a Ph.D. in medical anthropology from the University of California and is the founder of Growing Together, a Life Learning Center that offers psychotherapy and life coaching services in Ann Arbor. A life coach and doula, Cynthia has attended nearly 100 births. Cynthia's favorite moments are when she taps into greater strength than she is aware of possessing. She has found pregnancy, childbirth, art and creative writing to be powerful mediums for women to get in touch with their dreams and wisdom. She is the mother of three and lives in Ann Arbor.)

Rachel Pastiva: You recently wrote a book *Natural Hospital Birth: The Best of Both Worlds*, due out in March through Harvard Common Press. Can you speak a little on the premise of the book, and why you were inspired to write about this particular aspect of childbearing?

Cynthia Gabriel: I have interviewed more than 300 women about their birth experiences. Too often women tell their birth stories through tears. While I love to see those women go on to have empowered and more informed second births, I think it is tragic that we have an epidemic of women who desire natural birth in hospitals who can't seem to achieve this meaningful goal.
As a doula for women who desire natural births in hospitals, I slowly realized that what made me successful was not my knowledge of breathing techniques or massage, but my ability to team- build with hospital staff. When I helped women and their partners communicate how significant natural birth was to them, I saw that staff members were more likely to support their goal. Unfortunately, most books and classes do not explain much about team building in the hospital. Without a unified team, women can expect to either be at war with the staff (which doesn't feel good for anyone) or they can expect to receive "regular" birth care, which these days includes dozens of medical interventions, and for a third of women even means a cesarean section.

RP: What are some aspects of the birth experience that are lost during average American hospital births and why should women want to preserve them?

Cynthia Gabriel: I think that most women hope and believe that birth can be sacred. All those reality shows about birth on TV are capitalizing on how beautiful and moving birth is. The reason that I care about preserving natural birth in hospitals is because the experience of giving birth to our babies with our own power is exhilarating, life-changing, and empowering. When we give birth naturally, the hour after our babies are born we are flooded with the most intense hormones we will probably ever experience in life. We don't get this experience when we are drugged up and our babies are pulled out of us. Women who give birth naturally describe a long-lasting effect that positively changes their perceptions of themselves. They say that they are amazed at their own depths. They are stronger than they had ever imagined. They believe they can do anything. They are excited about facing new challenges in life because they are more aware of their full capacities. Not only are they set up to be confident, happy mothers, but also to be more confident in their careers and other relationships, too.

"As a doula for women who desire natural births in hospitals, I slowly realized that what made me successful was not my knowledge of breathing techniques or massage, but my ability to team-build with hospital staff. When I helped women and their partners communicate how significant natural birth was to them, I saw that staff members were more likely to support their goal."

"I am on a mission to empower birthing women and their families to be able to give birth naturally wherever they choose to give birth."

RP: Why are some women fearful of home births, and how does having a natural hospital birth help assuage fears?

Cynthia Gabriel: I devote a whole chapter in my book to "Feeling Safe." Birth setting, to me, is a secondary concern. Feeling safe is a laboring mother's first concern. Fear is a normal part of birth. So is overcoming that fear and feeling stronger on the other side. Unfortunately, in the United States, we do not have many cultural messages that reinforce the positive benefits of facing our fears.
Many women feel safest giving birth in a hospital. They want the feeling of "safety" that all that technology gives them. Other women feel unsafe in hospitals. I believe that women should give birth wherever they feel safest: at home, in the woods, or in a hospital. I do not say this because I believe that most women need immediate access to hospital technology. Actually, they do not. But women need to give birth where they feel safest so that labor can progress well. When a woman (or any mammal) feels unsafe, she releases hormones like adrenaline that can play havoc with labor.

Felix Paulick and Cynthia Gabriel with their children (left to right) Calvin, Anju and Sylvia.

RP: How can expectant mothers take control of a hospital birth experience and navigate through the pressure of doctors and nurses whose opinions may differ from theirs?

Cynthia Gabriel: This is the most important question that an expectant mother who desires a natural hospital birth can ask. Even when we are not in labor, it is often hard to stand up for what we truly want in life in the face of opposition. The single most effective technique I have seen work in hospitals is to reiterate, over and over again, how meaningful natural birth is *for you*. You will never win if you try to argue with medical professionals about how unnecessary most episiotomies or c-sections are. You just create more adversity when you argue. But if you stick to what you know, that natural birth is important to you, than the instinctive human urge of most doctors, nurses, and hospital midwives is to support you. There are certainly some who stubbornly believe that you are wrong to care about your birth experience, but I have seen many hospital personnel come around because the commitment of a woman is so inspiring.

RP: In your research, have you found that doctors are receptive and encouraging to expectant mothers who want to take a more active role in the birth experience? What would your advice be to women who face resistance from doctors?

Cynthia Gabriel: Some doctors really love attending active, natural births and some think natural birth is just crazy. And there are a lot of doctors who have not seen many natural births, even in years of practice, because there are generally so few to see (only about two percent of hospital births can truly be considered "natural.") Most midwives and doctors work in shifts, so you don't know who will be on call when you go into labor. For this reason, you won't know ahead of time whether your hospital staff will support or resist your plans. So I advise women to bring an experienced doula with them. The laboring mother needs to focus on her body, her contractions, and the baby. If she has a partner, her partner also needs to focus on the labor. But a doula can be a big help in creating the birth experience the woman and her partner are hoping for, even in the face of resistance.

"I devote a whole chapter in my book to "Feeling Safe." Birth setting, to me, is a secondary concern. Feeling safe is a laboring mother's first concern. Fear is a normal part of birth. So is overcoming that fear and feeling stronger on the other side."

RP: What advice would you give to an expectant mother who is struggling to determine what her best option is?

Cynthia Gabriel: Look into your heart. No one else will give birth to your baby. Only you will. So you must be at peace with your decisions. If you are not at peace, your body will not produce the right hormones and the whole delicate balance of birth can be upset. Many people will have opinions about what you should do – and they will continue to have those opinions all through the years that you parent this child, too. But for once in your life you can feel fine about basing your decisions on what feels right and true for you. If this is unclear to you, you may need more information or you may simply need a friend who is willing to put aside her own opinions to help you uncover what is in your own heart.

RP: What can people hope to learn who attend your event at Crazy Wisdom?

Cynthia Gabriel: I am on a mission to empower birthing women and their families to be able to give birth naturally wherever they choose to give birth. In hospitals, we need to advocate strongly for ourselves. Most women, even many women who say they want natural birth, end up with epidurals, drugs to stimulate labor, episiotomies, cesarean sections, and other interventions. Some simple "tricks" make a world of difference in the hospital. I am happy to share them with anyone I meet.

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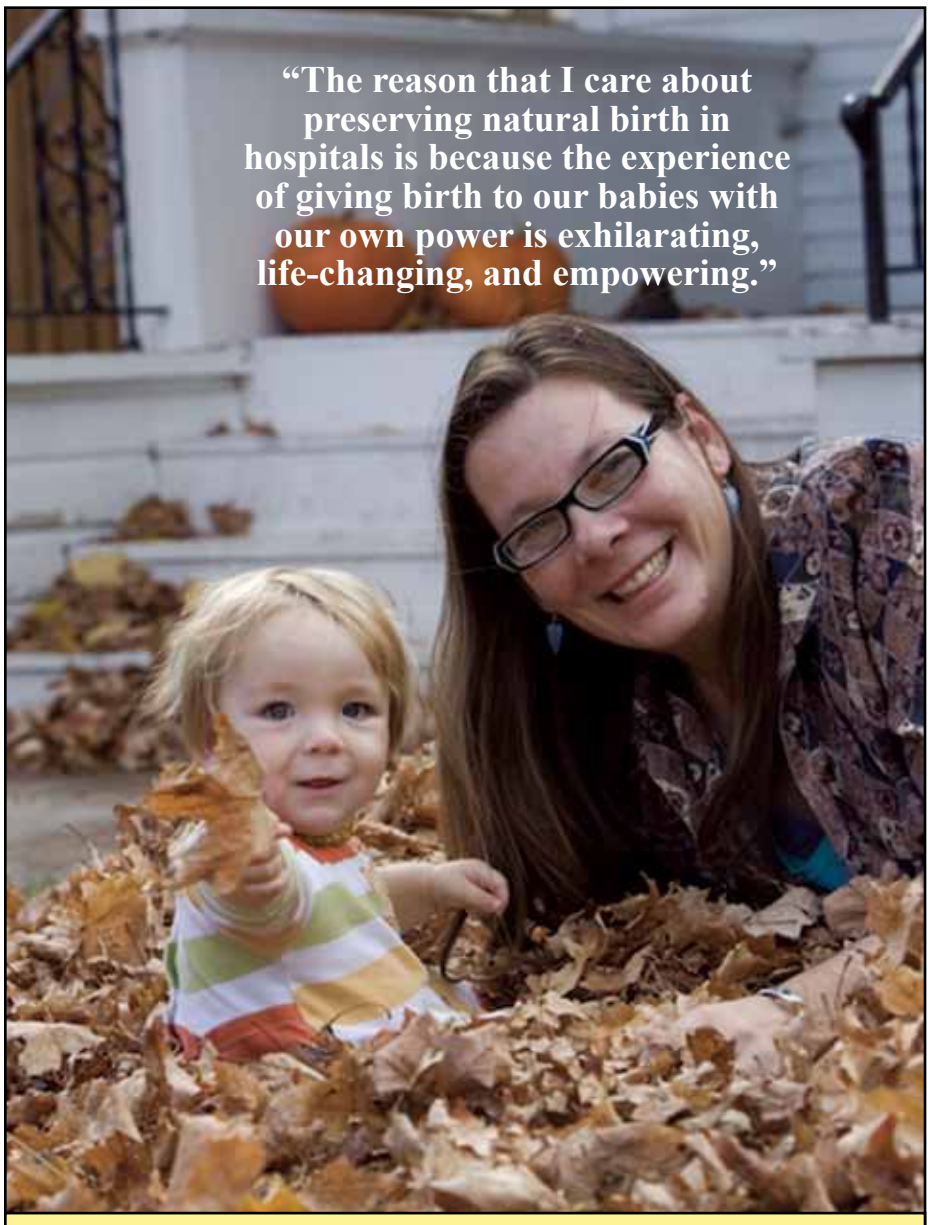
(Cynthia Gabriel can be reached at 734-883-8701 or at cynthia@togrow.org. Her website is at: http://www.togrow.org/index.html.)


"The reason that I care about preserving natural birth in hospitals is because the experience of giving birth to our babies with our own power is exhilarating, life-changing, and empowering."

Cynthia Gabriel will be talking about her new book, *Natural Hospital Birth: The Best of Both Worlds*, at Crazy Wisdom on Tuesday, April 12th, at 7 pm.

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Crazy Wisdom Kids in the Community

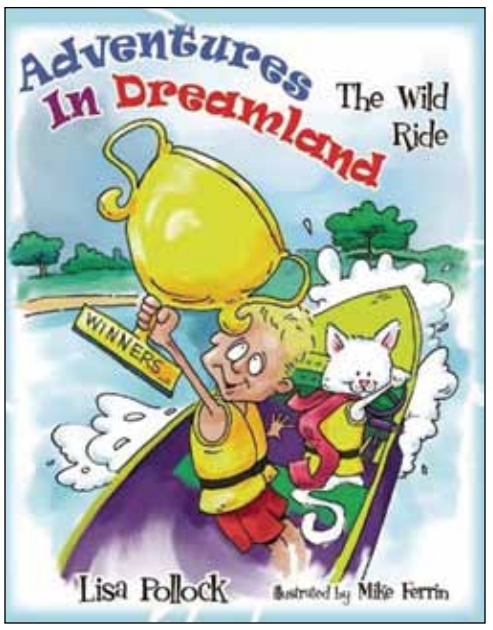
Staff from The Naturopathic School of the Healing Arts
(Left to Right) Gana Wilson, Alycia Schoof, Simona Paicu, Sue Phare, Carole Florence, Curtrice Goddard; Tricia Bellew in foreground (See Page 64.)

By Karen L. Totten

This ongoing column includes news, information and features about interesting classes, events, workshops, fairs, festivals, jamborees and goings-on for kids and their parents in the Ann Arbor/Washtenaw County area. We want to let our readers know about worthwhile activities that encourage conscious parenting. We also like to feature books, CDs and other media for and about kids, by local/regional authors. If your business or practice has a focus, or a new area of focus, on kids and their lives, let us know about it!

***A**dventures in Dreamland: The Wild Ride!* **by local author Lisa Pollock**, tells the lively story of a young boy and his friend, White Kitty, as they encounter exciting adventures on the other side of sleep. Pollock wrote the book from the many stories she told her son, Cameron, as part of his bedtime ritual. White Kitty was a favorite toy for Cameron in early childhood.

Dreamland is boldly illustrated, with bright, cartoon-like drawings. Illustrator Mike Ferrin's work punctuates the action-packed style of the text and the ever-changing scenarios in which the main characters find themselves. Pollock captures that somewhat chaotic state that dreams often create, sending the boy and White Kitty on a roller-coaster ride of adventure.



Pollock has always enjoyed writing creatively. She notes, "I love to delve into the world of imaginary characters to create my own entertaining tales. Many of my stories are inspired by family." *Adventures in Dreamland* is part of a continuing series of books based on real life, centering on the adventures of her son. Coming soon is *A Special Moment With Grandma***.**

Pollock, an Ann Arbor native and, for the last six years, a Pinckney resident, says, "It is the little things in life, the cherished moments and daydreams, which help us get through stressful or difficult times. All of it creates an opportunity for inspirational, true-life stories."

Adventures in Dreamland: The Wild Ride! is available at Crazy Wisdom, and from Polly's Paper Studio in Pinckney and The Candy Trail in Plymouth, as well as online at www.zoelifepub.com and www.amazon.com.

***E**ve Wilson is a Certified Healer Practitioner with 25 years' experience* who practices a uniquely effective and gentle way of helping children with physical, emotional, mental, or spiritual healing. Wilson, who practices from her home, works telepathically with children, engaging "with the higher self and the unconscious self to resolve the root causes of problems. People see results right away."

Wilson states that she works with children while "they are in school or doing other things. I have the parent on the phone." She adds that this approach does not involve an office visit for the child. Wilson works with children who have early trauma or hereditary weakness, social or personal challenges, and family conflict or abuse, among other things.

Much more information about Wilson and her experience with healing training, intuition development, and Reiki can be found at www.spiritualhealers.com. She can be reached at 734-780-7635.

> Eve Wilson works telepathically with children, engaging "with the higher self and the unconscious self to resolve the root causes of problems."

H**oping to quash what sometimes seems like an epidemic of rudeness, anger, and insensitivity that has developed in our society, Lexi's Upstairs manager Jan Engholm has developed a series of manners classes for children,** providing etiquette training for ages 3 to 8. Engholm believes that "even very young children can learn fundamental social skills, giving them confidence to manage almost any social situation."

The classes, held on the second floor of Lexi's Toy Box at 328 S. Ashley Street in downtown Ann Arbor (see story below), explore etiquette in easy-going and fun-filled ways. Engholm uses storytelling, role-playing, and crafts, among other things, to teach whom she calls "future ambassadors for a kinder, gentler world." Kindness, courtesy toward others, and respect toward people and animals are skills that can be acquired. As she notes, "Children with basic good manners are not only nicer to be around, but more likely to succeed in life."

A longtime docent at the University of Michigan Museum of Art, Engholm, who is also a K-8 substitute teacher in Ann Arbor, strongly feels that social skills will help give children confidence to manage almost any social situation. She has seen this in her work life and in her personal life as a parent. Life is just easier, notes Engholm, if one has these skills as a second-nature response to everyday happenings.

Jan Engholm believes that "even very young children can learn fundamental social skills, giving them confidence to manage almost any social situation."

The courses, offered weekly in groups of four consecutive weeks, run an hour in length and are priced at $100 per four-week class. Classes are divided by age group: 3-4 years old, 5-6 years old and 7-8 years old. Engholm is considering adding classes for ages up to "tween." Many issues arise for early teenagers concerning popularity, cell phone use, texting, et cetera, that can be addressed by etiquette, says Engholm.

And where can one use all those new manners one has acquired? Why, at a birthday party, of course! Engholm, in addition, offers private birthday parties for children ages 4 to 8 at her Lexi's Upstairs location. Parties follow one of two themes: "Under the Ocean," with mermaids, pirates, and sea creatures, or "Enchanted Forest," with gnomes, fairies, and knights. The hour-and-a-half-long events include a story tailored to the birthday child and guests, party favors, and games and activities.

Engholm can be reached at 734-604-1261 or at lexisupstairs@yahoo.com.

Lexi's Toy Box in Ann Arbor

The little shop…is filled with delightful European and hand-crafted toys similar to those that Metzger enjoyed as a child.

A wonderful toy store has at least three key ingredients: oodles of bright color, a sense of style and lively energy, and most of all, that ineffable, unmistakable quality of magical playthings. **Lexi's Toy Box in Ann Arbor is just such a wonderful toy experience.** Owned and operated by Crystal Metzger, a charming, lively woman, the little shop at 328 S. Ashley is filled with delightful European and hand-crafted toys similar to those that Metzger enjoyed as a child.

The business opened in October of 2007 in a wood-frame house that had once belonged to Metzger's grandfather and grandmother. Built in the 1860's, her aunt and uncle lived there during the 1950s. Later, the home was used as offices by members of the Metzger family, who were involved in the restaurant business in Ann Arbor. The house embodies a wealth of family history, and was awaiting a new direction when Lexi's came about.

Metzger's experiences and knowledge guide her choices of items for sale in her store. "I sell Plan Toys from Thailand, a company initially started by an architect, and so they have very crisp geometric designs and bright colors," she notes. Metzger likes toys made from natural materials that provide opportunities for open-ended play.

Plan makes many different kinds of toys, from a wooden refrigerator with, of course, wooden ice cubes in the ice-maker, to a whole produce section of wooden fruits and vegetables.

Space is at a premium, so Metzger looks for the unique and special. There are some Fair Trade items, toys from recycled materials, and handmade toys from Michigan and various other places in the U.S. "I have three train sets carved by a family in Kentucky—maple, cherry, ash—very sweet, including a set that carries animals." Heirloom rattles are made by a gentleman in Texas who trained as a woodworker. As for games, "It's a Green Life" is made in Michigan. Wonderful fairy doors — which, by the way, only open for fairies — are made in Ohio.

Besides discovering toys when traveling near and far, Metzger finds toys or toymakers online and, often, they locate her first. Toymakers will often send a sample toy and, if she likes the piece, she will consider the line for the store. As for the setting for all this magic, Metzger credits her cousin, Sigrid Wittke, with helping her create a delightful environment and beautiful window displays.

In her former career life, Metzger earned a master's degree in clinical psychology and worked in the mental health field for many years. When her daughter (for whom the store was named) was a senior in high school, Metzger decided she was ready to reinvent her life. Metzger's daughter went out of state to college and that gave Metzger time to devote to other things. "I've always loved toys," says Metzger. "If we went on a trip, London or Italy, we always visited toy stores to see what kinds of things they were selling." Opening her own store seemed like a natural extension of that love and of her knowledge of interesting playthings for children. "I enjoy coming to work every day," Metzger says.

Lexi's Toy Box is located at 328 S. Ashley in Ann Arbor. The store is open Tuesday through Friday, 11 a.m. to 6 p.m., and Saturday, 10 a.m. to 6 p.m. For more information, call 734-332-1101 or see lexistoybox.com.

We all know those moments when our crying child or a bout of poor behavior prompts us parents, perhaps already on edge, to respond in frustration — or, worse, with sarcasm or anger. In those moments, we are at a crucial juncture to decide to use our intuition, our creativity, and our inner strengths to address the situation — our "Mother Wit," as Sonja Knighton calls it.

Practice in the art of creating healthy families and the opportunity to cultivate inspired and common-sense parenting tools is what **Ann Arbor educator Knighton offers parents in a group of "Mother Wit" workshops**. She developed the workshops from her own parenting experience and her professional work with children and families. "In my journeys over the last 14 years," she says, "I saw the deep, unfulfilled need parents have for guidance."

In fact, the term "Mother Wit" comes from a remark of a grandmother with whom Knighton once worked. This simple phrase inspired a response in Knighton to "offer parents support in developing the intuitive aspects of parenting." Each family member's growth and well-being is supported by the Mother Wit approach, she notes, and each family's tool box will be unique.

The Mother Wit approach also promotes understanding of family dynamics as they evolve and the family encounters new phases of their lives together. Knighton says, "Mother Wit parenting recognizes that thriving families are part of thriving communities." She notes, "Families need a supportive, knowledgeable, and invested community in which to navigate the tasks of building family unity." It is within this framework that a balance can be brought between family identity and the individual identities of each family member.

Knighton developed her workshops based on her own experience and education. She has a K-5 teaching certificate with an early education endorsement. Since graduating from Eastern Michigan University in 2004, she has worked as a preschool teacher.

Knighton's thinking is, in part, influenced by the Russian psychologist Lev Vygotsky and the Stages of Development of Erik Erikson. Knighton also likes the writing of Gary Chapman and Ross Campbell, as expressed in the Five Love Languages series, such as *Five Love Languages of Children,* as well as the work of parenting educators Jim Fay, Charles Fay, and Foster W. Cline, authors of *Love and Logic: Taking the Stress Out of Raising Great Kids*.

Sonja Knighton

Mother Wit workshops are currently being held at Naturopathic Women's HealthCare, 220 N. Fifth Street, Ann Arbor. The sessions run about two hours in length and cost $20.00 per person.

Practice in the art of creating healthy families and the opportunity to cultivate inspired and common-sense parenting tools is what…the "Mother Wit" workshops offer.

The workshop schedule for January through April includes: January 9 -- *Wit and Wisdom*: Parents will explore and develop their intuitive aspects with a mind to developing tools specific to family needs. February 6 -- *Shake It Off*: This workshop helps families create options to meet interpersonal challenges or external challenges, be they power struggles, tantrums, or resiliency to the vagaries of life. March 6 -- *Little Blessings*. April 10 -- *Parents Are People*. Knighton can be reached at 734-686-0006 or momwit@gmail.com.

Continued on page 64

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

Continued from page 63

The Naturopathic School of the Healing Arts has opened a New Life Energies Clinic and is offering children's services, including bodywork, reflexology, energy balancing, and herbal therapeutics. Mary Light, ND, MH, LMT, and several naturopath interns at the school — Tricia Bellew, Carole Florence, Gana Wilson and Alycia Schoof — will see children at professional and student rates. (Student rates run $20–$30.)

Parents will find a soothing, orderly setting, free of the distractions of television and cartoonish posters. The suites of the clinic are decorated with quiet earth tones and pastels, in areas washed with natural sunlight. Light, who is a herbalist and naturopath and director of the school, has added some playful touches, like a big exercise ball in the waiting area and several stuffed animals. Parents will not find plastic toys or unsuitable reading material.

Light emphasizes that this is a family clinic. The clinic offers a health care choice for parents and their children, "by practitioners sensitively trained in communications and touch therapies, in a gentle and non-intrusive manner." Light points out that many of the interns are mothers or grandmothers themselves. And most have had training in various holistic practices, such as healing diets, whole foods, meditation, yoga, gardening, and dance.

Many of the [naturopath] interns are mothers or grandmothers themselves. And most have had training in various holistic practices, such as healing diets, whole foods, meditation, yoga…

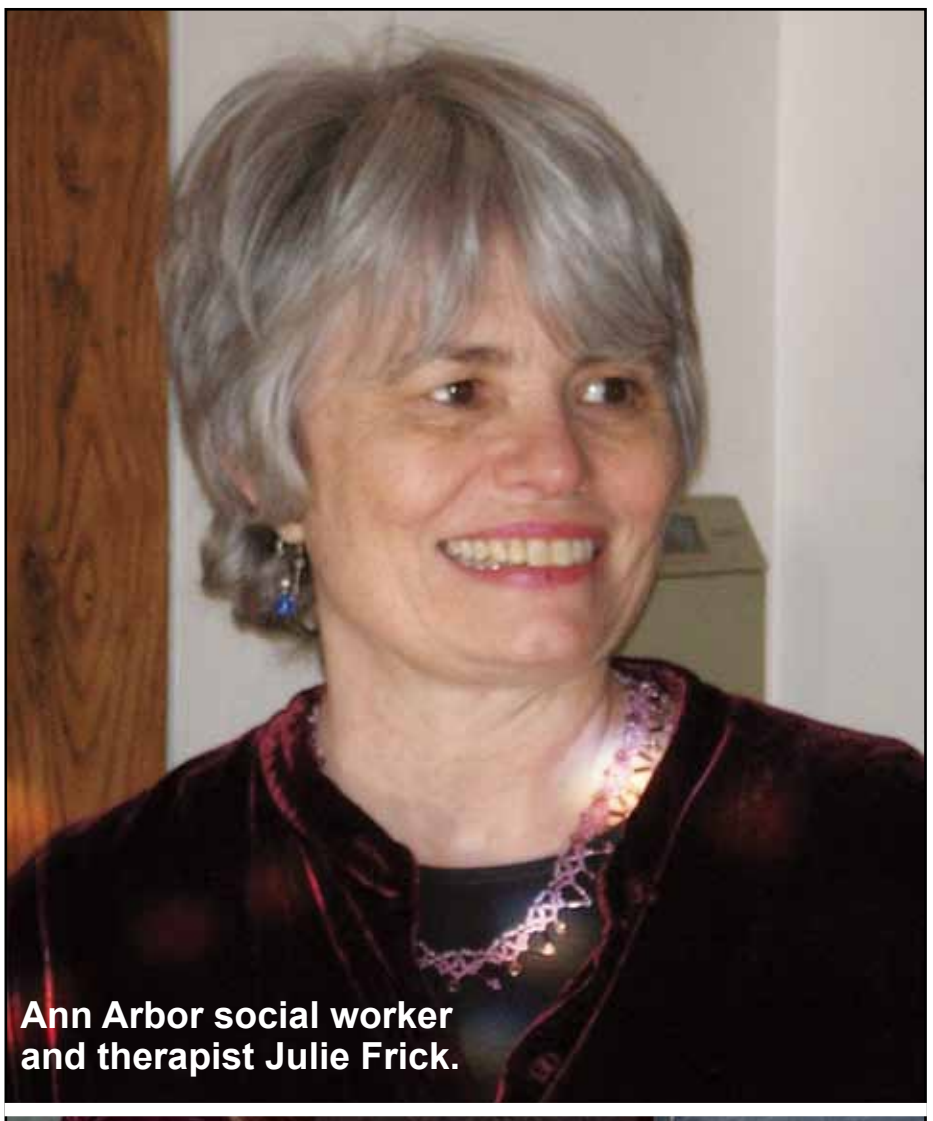
The clinic offers well-baby and well-child visits, and can address sleeplessness and anxiety, hormone balancing for teens, energy imbalances, and immune system concerns, all centered on a path that follows nature. Practitioners assess through intakes and physical exams that are non-medical and non-intrusive. Assessment involves no lab testing, for practitioners are not attempting to identify and isolate specific medical pathology. They are looking for the constitutional patterns of a child. Staff will then discuss with parents the goals for the child and do an intake based upon the goals.

"An understanding of constitution alone is a valuable guide for a lifetime," believes Light. She notes that in Chinese medicine and Ayurvedic practice, assessment of constitutions is a revered, ancient pathway to clues that can be later used in treatment. One method for determining constitution that Light uses involves reading of the iris of the eye. "Iridology is widely used by medical doctors in Germany," she says.

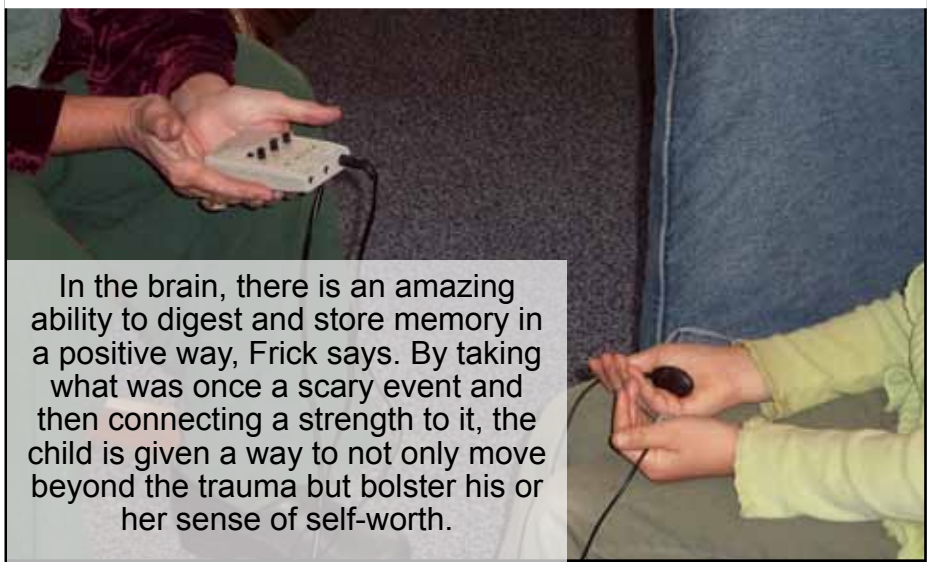
An herb lab is maintained on the premises, and the clinic utilizes certain tried-and-true formulations as a component of the practice. As Light explains, "Certain herbs, as used in soup, for example, or teas or brews, might strengthen the immune system or improve sleep quality, as might changes in diet."

Parents are given demonstrations of the techniques of supportive care, or education on natural therapeutic applications they can use at home. An example of such a treatment is an abdominal castor oil pack, which is applied externally and provides comfort.

For further information or appointments, contact the Naturopathic School of the Healing Arts at 734-769-7794 or visit www.naturopathicschoolofannarbor.net.



Ann Arbor social worker and therapist Julie Frick.



In the brain, there is an amazing ability to digest and store memory in a positive way, Frick says. By taking what was once a scary event and then connecting a strength to it, the child is given a way to not only move beyond the trauma but bolster his or her sense of self-worth.

Helping the brain heal from the "negative impact of scary or traumatic events" — such is the benefit of EMDR therapy, according to Ann Arbor social worker and therapist Julie Frick. "Often," she says, "we experience nightmares, depression, anxiety, or stress as a result of such an event, but we need not live with these symptoms as permanent after-effects that we must simply accept."

EMDR (Eye Movement Desensitization and Reprocessing), initially developed by psychologist Dr. Francine Shapiro in the late 1980s, is a method that can help children and adults process negative thoughts and feelings, altering the thoughts' impact, and freeing people to continue with normal activity and development.

Many of us have experienced the sort of "flashback" that might arise from an event in our lives, such as a death, accident, or injury. Any kind of trauma that stirs deep emotion and reinforces negative patterns of avoidance, be they sleeplessness, physical complaints, or irrational fears, can trigger a response, including post-traumatic stress disorder. We might, for example, drive five miles out of our way to avoid the scene of a serious accident, be fearful of the dark, or suffer from nausea, pain, or nightmares. Children who suffer from such trauma are vulnerable in the realms of normal development, schooling, and friendships.

Shapiro, now a senior research fellow at the Mental Health Institute in Palo Alto, California, discovered that people could be helped by being guided to move their eyes from side to side (bilaterally) while being led through a process of desensitization. In this manner, she helped clients to re-integrate their traumatic experiences in a healthy way, so they could let them go. In this process, the traumatic memory would not necessarily be forgotten, but it loses its power and effect. Trauma then no longer acts as trigger for emotions every time a troubling thought or specific image appears or a related event happens.

EMDR was first implemented as an eye movement technique, hence its name, but researchers have found that other kinds of bilateral stimulation such as hand-tapping, drumming, finger-snapping, viewing bars of light or hearing alternating audio tones can be equally successful when used in the process. Frick is trained to use all these in her practice.

The approach Frick takes depends on the child and his or her particular needs. Therapy is combined with the bilateral movement in gentle, guided sessions that help children access and process sensations and feelings connected with the trauma. Each session begins and ends on a positive note, and children, not the therapist, determine the content of the sessions. Each child and trauma is different, says Frick, and so, as with a ball of yarn being unraveled, the individual unwinding is done in its own way. Children usually leave the session relaxed and in a good mood. Frick makes clear that EMDR is not like hypnosis, in that this therapy does not seek to change consciousness.

A final piece of the process of EMDR therapy is deepening the child's sense of positive self-regard. In the brain, there is an amazing ability to digest and store memory in a positive way, Frick says. By taking what was once a scary event and then connecting a strength to it, the child is given a way to not only move beyond the trauma but bolster his or her sense of self-worth. In this

way, EMDR is often used for performance enhancement or for dealing with conditions such as ADD (Attention Deficit Disorder) that cannot be cured, per se, but that bring along related issues.

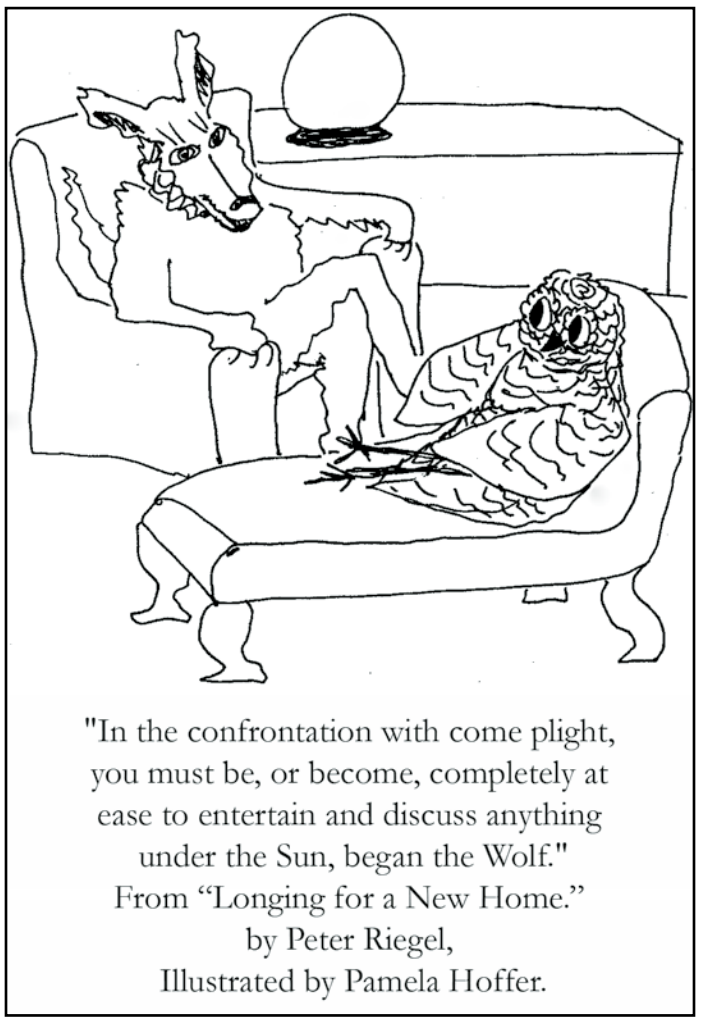
Frick can be reached at 734-665-2397 and further information about her services can be found at www.juliefrick.com. In addition, interested persons can go to www.emdria.org or email her at julie@juliefrick.com.

Silence sensed that he was overly fond of longing, as he wrote letter after letter on curly birchbark.
So begins Book XV of the *Superb Owl Series* Volume III, "Longing for a New Home." The series, written by area author Peter Riegel and illustrated by Pamela Hoffer, follows the adventures of an owl called Silence as he makes his way around the world and around his own life.

Hoffer and Riegel recently discussed their books, explaining a bit about how the series started, its unique story lines, and where they plan to take it next.

Hoffer says, "Silence seems to have sprung full-blown from Peter's mind. The adventures Silence has reflect the experiences and ideas Peter has expressed…they are a very funny and wry commentary on people Peter has met or situations he has encountered." She explains that there is not a one-to-one match between a character and his real-life inspiration, but that Riegel offers "droll or quirky observations" about people or events in general. "Silence," she says, "is really Peter!"

The theme of longing returns often in the Superb Owl Series. Hoffer notes that many story titles suggest seeking — for example, "Silence Has a Dream," "Silence Digs a Ditch," "The Key to Immortality," "Abundance and Starvation," "Silence Looks Down a Well," and "Aimless Expedition." In addition, Riegel's interests work their way into story lines, such as his fondness for math, his world travels, and even juggling — which he does occasionally (as well as walking a tightrope), not for show, he says, "but as a technical challenge and as a meditative practice."


"In the confrontation with come plight,
you must be, or become, completely at
ease to entertain and discuss anything
under the Sun, began the Wolf."
From "Longing for a New Home."
by Peter Riegel,
Illustrated by Pamela Hoffer.

The first book started as a project that sprang from a story Riegel wrote. He showed it to Hoffer, who then volunteered to illustrate it. Four more stories followed and the pair put these together as a little book (Volume I) for Christmas presents. "The fun of illustrating them," Hoffer says, "is to keep from pinning down the meaning and letting the drawings just tickle the reader's mind. They are tiny little books, good for the hip pocket on a mountain top."

Although not written specifically for children, the books, with their "Zen-like, crazy wisdom and quirky story lines," as Hoffer dubs them, both amuse and delight all ages. Hoffer notes, "Children are natural philosophers, willing to ask all the hard questions. The vocabulary and ironic observations of the books are adult enough, or sophisticated or just weird enough, to be fun for adults, but children like them because children don't demand everything make 'sense.' "

In addition, children like all the animals that populate Silence's life. Riegel introduces us, says Hoffer, to "a bear, worms, dolphins, a companionate gerbil, penguins and bees, a cormorant, a raven, a turtle—even an aplysia, a sea creature used in the study of memory."

And Silence is a world traveler. Settings for stories range from Portugal to Iceland to the Falkland Islands to Silence's familiar woods, and inspire Hoffer to search out images and information to help her create the pen-and-ink illustrations for those places.

Hoffer is a social worker in clinical private practice, in her "bread and butter life," as she calls it. She is mostly retired, except for clients who want to come back for a 'booster shot.' " From 1980 to the late 1990s, she taught a parenting class called "Becoming the Parent You Want to Be," co-developed and taught with Peggy Lippitt. She is spending more serious time painting lately. She shares a studio with a friend and some of her work can be seen at www.pamhoffer.blogspot.com.

Riegel, a software engineer with a mathematics degree from U of M, wrote many Silence episodes "to relate in some way with issues of writing or performing music, particularly the Silence stories that feature Raven and strands of rope." He states, "Each strand of rope may be considered to correspond to a part of a piece in Paganini's 'Centone di Sonate' for guitar and violin, which totals thirty-six parts."

The music theme appeared from the first. Riegel states that, in fact, "the first three words of the first story are the title of an album by Jefferson Airplane, 'The Walking Owl.' " Trained as a classical guitarist, Riegel has played over 400 free performances at retirement communities in the Ann Arbor and Chicago areas. An impromptu performance of "Cherry Blossoms (Sakura)" on a guitar, deftly recorded by his friend, David Berger, can be seen online at www.youtube.com/watch?v=jeni4yq6AIE

The Superb Owl series is now available at Crazy Wisdom Bookstore in Ann Arbor. Though new volumes of the books are not appearing annually as they once did, Riegel aims to complete 17 volumes. Hoffer says, "I can't imagine not being enticed to keep doing this, as long as Silence is wandering about, having such quirky adventures as he does."

You can contact Hoffer at 734-663-3435 or phoffer@umich.edu. Riegel can be contacted at 734-272-4977 or hat@silentowl.net.

Please note that the "CW Kids in the Community" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the column in a given issue. If you would like to submit information, please email: cwkidscolumn@crazywisdom.net. The firm deadline for submissions for the next issue (May through August 2011) is March 1, 2011.

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Crazy Wisdom Kids

The Crazy Wisdom Community Journal Events Calendar for Kids January through April 2011

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 24: 1 p.m. and 4 p.m. seatings, and May 8 for Mother's Day: 1 p.m. seating • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; jerri@crazywisdom.net or crazywisdom.net.

Rafe Martin Returns to Ann Arbor sponsored by the Zen Buddhist Temple and Jewel Heart • Rafe Martin is a noted author and storyteller. He has received multiple American Library Association Awards, Notable Book Awards, and the prestigious Empire State Award. He has been a featured storyteller at the National Storytelling Festival and is also a fully ordained lay practitioner with over 40 years in formal Zen tradition. His latest books are both jataka explorations - The Banyan Deer: A Parable of Courage and Compassion and Endless Path: Awakening in the Buddhist Imagination - Jataka Tales, Zen Practice, and Daily Life. Call 761-6520; annarbor@zenbuddhisttemple.org.
April 8, 7 p.m. • Storytelling Evening for the Whole Family: World Tales of Wisdom and Compassion at the Zen Buddhist Temple • $10 adults and $6 children.
April 9, 10 a.m. • Dharma Talk • A part of the Zen Buddhist Temple morning service. Donations appreciated.
April 9, 9:30 a.m.-12:30 p.m. • Jatakas Are Us: Embodying the Way and Being Embodied By It! at Jewel Heart • In this workshop, we'll look together into the old jataka mirror to find our own vow-lives embodied there. We'll also consider the Buddha's leaving home in light of jataka vision to see where and how myth and our daily lives intersect. Contact registration@jewelheart.org.

Crystal Kids Group for Ages 6-12 with Carol Clarke • Fourth Thursday of each month, 6:30-7:30 p.m. • We will talk about two different groups of stones per month and how we can use them for a variety of purposes. Perfect for any child who loves rock formations, geodes, crystals or stones. $10. Call 734-416-5200; info@bodyworkshealingcenter.com.

Youth Journal Writing Workshop for Ages 10-14 with Debra Williams • First Tuesday of each month, 6:30-7:30 p.m. • Learn to free your voice and write what you have to say with these journaling strategies. $12; $6 sibling discount. Call 734-416-5200; info@bodyworkshealingcenter.com.

Mom and Daughter Butterfly Retreat with Carol Clarke and Amy Brusca • Jan. 23 and Mar. 20, 3-5 p.m. • This is a "coming of age" ceremony and empowerment class for girls ages 12-16 entering the next stage of life. This represents the "letting go" for moms while focusing on the importance of self esteem in young girls. We include smudging, blessings, butterfly totem work, self esteem, and mother/daughter massage techniques. $30 for mother and daughter includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Boys Drum Circle Empowerment Workshop with Carol Clarke and Amy Brusca • Jan. 22 and Mar. 12, 4-6 p.m. • This is a Native American-influenced "coming of age" drum circle for boys ages 12-16. This class is meant for parent and son to work on open discussion, effective techniques for success, and much more. We include smudging ceremony, blessing, success course, animal totem, and parent/son massage techniques. $30 for son and parent includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Meditation and Markers with Jennifer Flowers-Gutman • First Thursday of each month, 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw, whichever they choose. $12, $6 sibling discount. Call 734-416-5200; info@bodyworkshealingcenter.com.

Rudolf Steiner School of Ann Arbor K-12 Open House • Jan. 23, 2-4 p.m. • Join us at the Lower School Campus and the High School Campus to learn more about the Waldorf curriculum and our school from teachers, administrators, parents, and students. Free. Call the Lower School at 995-4141 or the High School at 669-9394; info@steinerschool.org or steinerschool.org.

Rudolf Steiner School of Ann Arbor Early Childhood Open House • Mar. 6, 2-4 p.m. • Join us at the Lower School Campus to learn more about the Waldorf curriculum and our early childhood program from teachers, administrators, parents, and students. Free. Call the Lower School at 995-4141 or the High School at 669-9394; info@steinerschool.org or steinerschool.org.

Storytime through Art for Kids Ages 5-8 with Shaqe Kalaj • Saturdays, 10-11 a.m. • This class focuses on developing the imaginative period of young children and the creative world that is innate at this stage. The intention behind this art experience is to connect art to reading, and vice versa. $12 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Tween (Ages 9-12) and Teen (Ages 13-18) Art Meet-up Drop-In with Shaqe Kalaj • Saturdays, 11:30-1 p.m. for Tweens and Thursdays, 3:30-5 p.m. for Teens • This class is for tweens and teens at any artistic level who want to explore art and want to be encouraged to develop their own voice. Students explore many mediums and approaches. $15 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Storytime at the University of Michigan Museum of Art • Jan. 8 and 22, 11 a.m. • Kids ages 4-7 are invited to hear a story in the galleries each month. Student docents will bring art to life as they read stories related to the art on display. Free with $5 suggested donation. For more information on future dates, call 764-0395; srieke@umma.umich.edu or umma.umich.edu.

Winterfest with Gemini: Laz and San Slomovitz • Jan. 23; 1 p.m. activities and 3 p.m. concert • Michigan Friends Center welcomes Gemini back for another Winterfest benefit. This is a musical celebration for children and their families featuring beautiful voices, a stage full of instruments, rousing songs, hand motion tunes, folk tales, and music from around the world. $8 each or $20 for families. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Baby and You! with Gari Stein • Jan. 17-April 10: Tuesdays, 12:30 p.m. • Music and movements for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. Join anytime. $160 includes two cds. Call 741-1510; garistein@aol.com or little-folks-music.com.

Sing with Me! with Gari Stein • Jan. 17-April 10: Tuesdays or Wednesdays; 9:15 a.m., 10:45 a.m. or 12:45 p.m. • Musical enrichment for children birth to age 5 and the grown ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research-based program that enhances development, learning, listening, and literacy. $210 includes four cds. Call 741-1510; garistein@aol.com or little-folks-music.com.

Signing Smart Baby Sign Language with Kathy Brady • Tuesdays, Jan. 18-Mar. 22; 4:45 or 5:45 p.m. • Help your child communicate frustration-free! Learn to sprinkle family-friendly American Sign Language signs into songs and activities that make signing easy, fun, and successful. Parent-child play classes are for hearing infants and toddlers ages 6 months-2 years. $155 includes handbook and two learning dvds. Call 389-3459; kathybrady@signingsmart.com or ssannarbor.com.

Soon to be Siblings with Nanette Glencer of My Urban Toddler • Jan. 25, Feb. 22, Mar. 22; 6-7:30 p.m. • This class will help prepare families for the birth of a new baby and the changes in the family's day-to-day routines. $39. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Ballet for Ages 2-5 with Tori Johnson of My Urban Toddler • Winter I: Jan. 13-Feb. 3, 4:30 p.m. or Jan. 15-Feb. 5, 10 a.m.; Winter II: Mar. 3-31, 4:30 p.m. or Mar. 5-April 2, 10 a.m. • This class is designed to encourage the development of motor skills while introducing basic ballet movements, and helps children learn to appreciate music and dance while building self esteem and the ability to focus. Free play in our playspace is included each class. $44. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Tumbling Tots for Ages 18-36 Months with Jill Reed of My Urban Toddler • Winter I: Jan. 12-Feb. 2, 10 a.m. or 3:30 p.m.; Winter II: Feb. 16-Mar. 30, 10 a.m. or 3:30 p.m. • This program is designed to allow children to learn basic motor skills through non-competitive games and movement, and helps build confidence and prepare them for a lifetime of healthy habits. $44 for four weeks or $66 for six weeks. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Art! for Ages 2-5 with Katie Nadig of My Urban Toddler • Winter I: Jan. 13-Feb. 3, 10:30 a.m. or Jan. 14-Feb. 4, 10:30 a.m.; Winter II: Feb. 17-Mar. 24, 10:30 a.m. or Feb. 18-Mar. 25, 10:30 a.m. • This creative class will have a different theme each week and will get your toddler exploring different types of art media. Free play in our playspace is included on days of class. $64 for four weeks or $96 for six weeks. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Car Seat Safety Seminar with My Urban Toddler • Jan. 13 or Feb. 10; 6-6:30 p.m. • Learn about basic child car seat safety and how to select the right car seat for your child and vehicle. At the conclusion, you will be able to schedule a free appointment with a certified car seat technician to install your car seat. $15. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Free BowenWorks 4 Kids Ages Newborn-18 years with Dena Bowen and Friends • Feb. 5, Mar. 5, April 2; 10 a.m.-2 p.m. • In the spirit of Tom Bowen, who believed in giving back to his community, BowenWorks 4 Kids is focused on helping children do better in school and sports, and help release stress. BowenWork is a soft-touch manual therapy that has many positive results, especially for children. Free. Call 810-824-1604; bowentouch1@yahoo.com or brightonwellness.org.

Ann Arbor Babywearers: Fostering Closeness between Parents and Baby with Becca Morse • Tuesdays, 10-Noon • Learn about babywearing safely and effectively. You will be supported in the use of a carrier you already have or assisted in finding a carrier to suit your specific needs (including preemies or twins). Free. Call 678-4687; beccalionsmom@gmail.com or annarborbabywearers.com.

Fall Drum and Dance Classes for Children and Teens through Tree of Life Cultural Arts Studio • Winter session: Jan. 10-April 2 • Most classes cost $12 drop-in or $120 for twelve weeks. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Family Yoga for All Ages with Yatesha • Thursdays, 5-6 p.m. • Family Yoga is designed for all ages and abilities. This class will be kid friendly and will blend fun, games, and stories into the principles and practices of classical yoga. This class will offer tips for managing child stress (i.e. school, bullying, peers, family) as well as deepening the relationship with oneself by becoming more in tune with the physical body as well as the mental body.

Hip Hop for Kids ages 6-12 with Ziva • Mondays, 5-6 p.m. • Students will be introduced not only to the dance of hip hop, but the entire culture, which was created in the late 60's and early 70's in the Bronx, New York. Students will learn basic hip hop isolations (moving one body part at a time), top rock (footwork standing up), drops (level transitions), downrock (floor movements), freezes, and power moves (moves requiring great strength and agility). They will then learn to put these moves together and perform a basic cypher (hip hop combo) and learn to transfer these combos into fun choreography.

Tap/Jazz for Ages 6-12 with Ziva • Mondays, 4-5 p.m. • This class will expose young dancers to basic tap and jazz technique. Students will begin class with tap dance fundamentals that will help strengthen coordination and time keeping skills while we have fun learning the vocabulary of tap dance and making music with our feet! Tap and jazz shoes required.

Creative Movement for Ages 4-6 with Jeni • Mondays, 3:15-4 p.m. • This 45-minute class is a fun and age-appropriate introduction to dance fundamentals and exploration of the joy of movement. Students will explore themes using imaginative play while developing large motor and social skills. This class is an exciting way to bring the love of dance to your little one in a safe and nurturing environment.

Belly Dance for Kids Ages 6-12 with Ziva • Tuesdays, 5:30-6:30 p.m. • Students will learn a brief form of Raks Sharqi (professional form of belly dance) and Raks Beledi (folkloric form). Fun ways to stretch and strengthen the body will be learned to enable students to execute basic isolations of belly dance and then transfer these movements to fun, contemporary, age-appropriate choreography.

Dance Lab for Ages 8-12 with Jenabah and Jaclyn • Wednesdays, 4:30-6 p.m. • Get ready to have some fun in the world of dance! This class is intended for all levels of dance lovers to come together and explore even more. Students will be exposed to techniques of many different dance genres such as Broadway, Hip Hop, Ballet, and Modern with a strong focus on Jazz and African dance. $15 drop-in or $156 for twelve week session.

Hand Drumming for Kids Ages 6-12 with Sundance • Tuesdays, 4:30-5:30 p.m. • Share in the excitement of rhythms from around the globe! Learn basic hand drumming techniques as we explore the world of polyrhythm. Develop skills in teamwork, playing music, building community, and expressing oneself. Learn to improvise within the structure of traditional rhythms.

Dance and Drum Classes for Kids Ages 13+ • For complete descriptions of the Tree of Life offerings for teenagers, please see complete descriptions of mixed age listings in the Dance and Drumming sections of the Calendar.

Camp and Activity Fair • Jan. 29, 11 a.m.-3:30 p.m. at Washtenaw Community College Morris Lawrence Building • 22nd Annual Super Summers for Kids, sponsored by Metro Parent Magazine. Meet representatives from over 80 camps and summer programs for kids 3-18, including day camps, overnight camps, specialty camps, year-round cultural programs, teen adventures and tours, academic enrichment, and summer employment. Bring the whole family. Free admission. For more information, visit metroparent.com.

Celebrate Black History Month at Henry Ford Museum • Feb. 2-6, 9-13, 16-20, 23-27 • Join us for our annual month-long exploration of Black History in America. For cost and times, call 313-982-6001; henryford.org.

Shortstop Toddler Storytimes at Ypsilanti District Library • Tuesdays and Wednesdays, 10:30 a.m. • Children 1-3 years old and their caregivers participate in stories, songs, and action rhymes. Free. Call 482-4110; ypsilibrary.org.

Major League Preschool Storytime at Ypsilanti District Library • Thursdays, 10:30 a.m. • Stories reinforce basic concepts to jump-start preschoolers into learning. Free. Call 482-4110; ypsilibrary.org.

Nursing Cafe at Indigo Forest • Wednesdays, 2-3 p.m. • Hang out with other breast-feeding moms and enjoy a pot of nursing tea, with professional support on-hand for questions and help. Pregnant moms also welcome. Free. Call 994-8010; visitindigo.com.

Children's Storytime at Borders • Wednesdays, 10 a.m. • Borders staff reads from picture books and books for babies and toddlers. Free. Call 997-8884.

Children's Storytime at Nicola's Bookstore • Saturdays, 11 a.m. • An experienced storyteller spins yarns for the 7 and under set. Free. Call 662-0600; nicolasbooks@gmail.com or nicolasbooks.com.

Mr. Bones Books at Barnes and Noble • Saturdays, 11 a.m. • Bookseller, teacher, and librarian, Mr. Bones selects his favorite picture books and engages the children with questions, music, crafts, and more. Free. Call 973-1618; bn.com.

Free Dinosaur Tours at Exhibit Museum of Natural History • Saturdays and Sundays, 2 p.m. • Free 30-minute docent-led tours of the dinosaur exhibits. Limited to 15 people. Free. Call 764-0478; lsa.umich.edu/exhibitmuseum.

Fall Storytimes for ages 2-3 and ages 3-5 at Chelsea District Library • Wednesdays, 10:30 a.m. and 11:30 a.m. • Stories, poems, songs, and a craft. All events are free. For more information and to register, call 475-8732; chelsea.lib.mi.us.

Legos for Ages 5+ at Chelsea Library • Oct. 4 and Nov. 1, 3:30-4:30 p.m. • Build to your hearts' content with a wide variety of Legos. Free. Call 475-8732; chelsea.lib.mi.us.

Dungeons and Dragons Weekly Gaming Night for Ages 13+ at Chelsea Library • Jan. 11, 4:30 p.m. • Build your character, solve puzzles, battle villains, and find treasure. New or experienced gamers welcome. Free. For future monthly dates, call 475-8732; chelsea.lib.mi.us.

Animanga Club for Teens at Chelsea Library • Jan. 7, 28, Feb. 4, 25; 3:30 p.m. • Come for the Pocky, stay for the anime! New episodes each week. Free. For future dates, call 475-8732; chelsea.lib.mi.us.

Mothering Arts Support Group with Center for the Childbearing Year • Mondays, 10-11:30 a.m. • This group supports moms in making a positive adjustment to the joys and challenges of motherhood. For new mothers and their babies up to six months of age. $75 for eight weeks. Call 663-1523; center4cby.com.

Mothering Arts Toddler Group with Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • If your baby can crawl, toddle or run and jump, this group is for you. There are discussion topics and play times each week. $2 per week suggested donation. Call 663-1523; center4cby.com.

Stroller Strides • Mondays, 9-10 a.m. • A total body workout that moms can do with their babies and toddlers. Taught by certified instructors. First class free. For cost, call 717-8744; strollerstrides.net.

Plymouth Ice Festival • Jan. 21-23 • Now in its second year with a simpler title, this action-packed event once again features 100-plus ice sculptures, live music and entertainment, a dueling chainsaws speed carving show, and stuff just for kids. For more information, call 248-960-0700; plymouthicfestival.org.

Ann Arbor Folk Festival • Jan. 28-29 at Hill Auditorium • Suitable for families with older kids, this two-evening music celebration exposes youth to a smorgasbord of roots and acoustic tunes. For artist and ticket information, visit theark.org.

Storytelling Festival • Feb. 20 at The Ark • The second date of this annual two-day fest includes a Sunday afternoon just for kids. For more information, call 761-1800; theark.org.

Festifools • April 3, 4-5 p.m. on Main Street in Downtown Ann Arbor • Marvel at the massive papier-mache puppets that herald April Foolery. Kids can make zany creations with non-profit partners 826michigan and the Ann Arbor Public Library. Call 763-7550; festifools.org.

Bunnyville • April 23 at Detroit Zoo • It's year number 20 for the zoo's annual "egg-stravaganza," hopping into town with treats, crafts, games, and live entertainment. For cost and details, call 248-541-5717; detroitzoo.org.

Ann Arbor Young Actors Guild • These talented kids tend to tackle an array of classics. Coming this season, it's Antigone in February, The Outlaw Robin Hood in March, and The Pink Panther Strikes Again in April. For ticket information, call 926-5629; aayag.org.

Young People's Theater Performances at Lydia Mendelssohn Theatre • Kids in preschool through 12th grade take to the stage in a variety of annual shows. The spring production is Beauty and the Beast running May 20-22. Call 222-4006; youngpeoplestheater.com.

Youth Dance Theatre of Michigan Shows at Performing Arts Complex at Chelsea High School • This non-profit group features two full-length ballets each season. A spring ballet, yet to be named, will appear on March. 5. Call 475-3070; youthdancetheatre.org.

Children's Theatre Network at the Performance Network Theatre • The new Saturday Series for Young Audiences promises dynamic kids' shows every month. Catch Janet Marie & m'Arcibald's Imagine That! on Jan. 22, Fables Galore and More on Feb. 12, MegaMasks on Mar. 26, and tales from Michel Lee and Opus Mime on April 23. Call 663-0681; performancenetwork.org.

Ann Arbor Hands-On Museum • Monday, 10-5 p.m.; Tuesday, 9-5 p.m.; Wednesday-Saturday, 10-5 p.m.; Sunday, Noon-5 p.m. • This unique collection of nearly 250 exhibits spanning four floors of hands-on fun brings physics, nature, math, music, health, technology, energy, and more to life. $9 admission, with two years and under free. Call 995-5439; aahom.org.

Great Lakes Discovery at Ann Arbor Hands-On Museum • Through May 15 • Discover shipwrecks, artifacts, and more. $7. Call 995-5439; aahom.org.

Rentschler Farm Tours in Saline • Saturdays beginning in the Spring, 11 a.m.-3 p.m. • The 1906-built frame house with Depression-era decor is called Saline's Family Farm Museum and depicts American farm life during the first half of the 20th century. Ten barns are also open to explore. Free. Call 944-0442; salinehistory.org.

Cobblestone Farm Museum • Mondays, 10 a.m.-1 p.m. • The city of Ann Arbor and Cobblestone Farm Association work together to open a window into the past at this 1844 Classic Revival farmhouse. It's home to animals and history, with special events like Living History Days and Spring on the Farm. Suggested donations: $3 for ages four and up or $7 per family. Call 794-6230; cobblestonefarm.org.

Baby Loves Salsa through University Musical Society • Jan. 30 at Lydia Mendelssohn Theatre, 1 p.m. and 4 p.m. • Just as Dan Zanes has revolutionized kids' music, Jose Conde - leader of the New York-based Ola Fresca - takes the Afro-Cuban form of salsa and turns it into something that kids and parents both love. Don't be misled by the band's name - older kids are sure to enjoy this band's dizzying range of Afro-Latin styles. The UMS Kids Club offers $10 tickets for children in grades 3-12 with the purchase of a $20 adult ticket to any full-length performance on the UMS season. Call 764-2538; ums.org.

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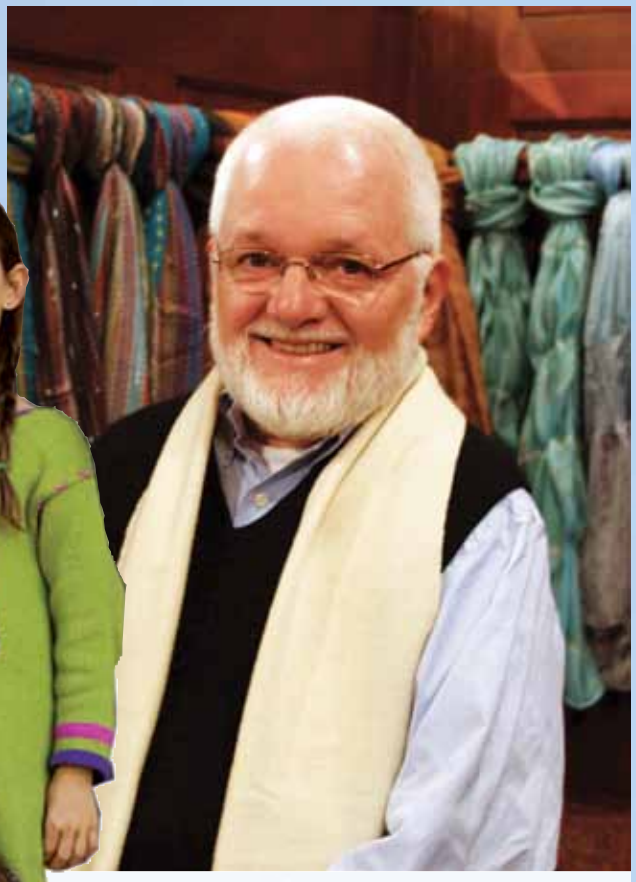
The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

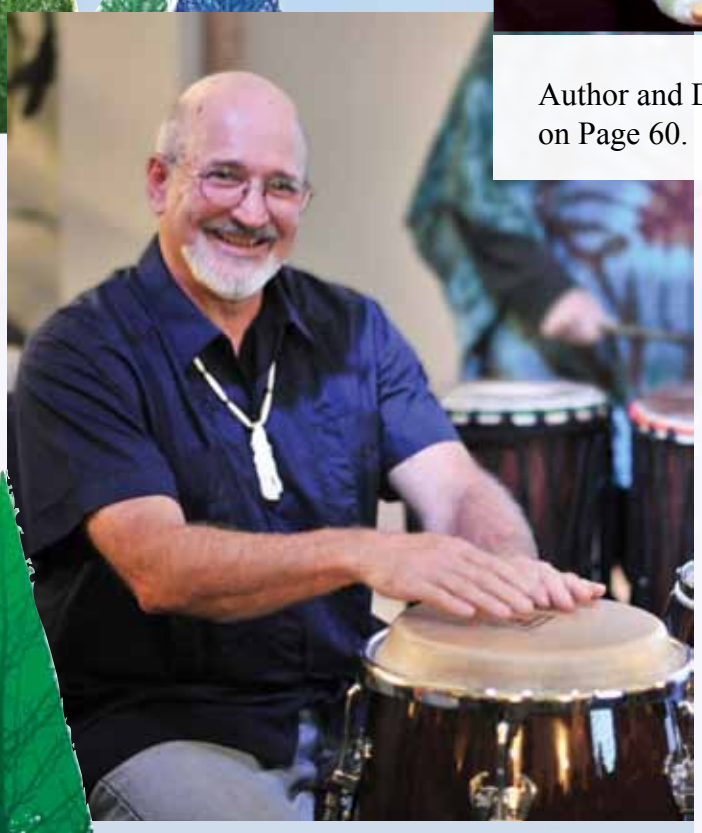
January through April 2011

Dr. Aditi Dave on Meditation and Medicine on Page 17.



Spiritual Director Jonathan Ellis on Page 98.

Author and Doula Cynthia Gabriel on Page 60.



Drummer Don Allen on Page 29.

Rena Basch of Locavorious in *What's New* on Page 9.

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Rejuvenate Your Face with Esther Morton-McCormick • April 27, 6-8:55 p.m. • Perfect your facial acupressure technique and create and take home personalized, inexpensive aromatherapy skin care products according to your skin type. $29. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Acupressure's Lift for Your Face with Esther Morton-McCormick • April 6, 6-8:55 p.m. • With the self-administered, gentle acupressure of facelift, preserve and restore muscle tone and circulation in the tissue of your face and neck. $29. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Reflexology: An Introduction with Jessica Snyder and Tara McKnight • Jan. 25, Feb. 23, April 19; 6-9 p.m. • Reflexology is a time honored system, massaging specific zones on the feet and hands to support general health and stress reduction. Wear loose clothing. The class includes basic principles and techniques that will enable you to give a basic 15 minute session to friends and family. $40 each or $75 couples. Call RelaxStation at 623-1951; relaxstationmassage.com or relaxstationannarbor@gmail.com.

Reflexology with Prema Lindsay Smith • April 16-17, 9-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current, international research as well as its clinical significance. The basis for treatment evolves from the harmful effects of stress on the body's systems. $250. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Acupuncture

Peaceful Happy Hour with Ellen Porter • Jan. 14, Feb. 11, Mar. 11, April 8; 5:45-7 p.m. • Join the circle and relax, detox, and let go of your stress with auricular acupuncture. We will explore and experience the mindfulness and healing of ear acupuncture. A wonderful introduction to acupuncture as well as a rejuvenating way to start the weekend. $10. Call 845-2166; ellen@AcuThrive.org or AcuThrive.org.

Aging & Sageing

The Young at Heart Group of Unity Church of Ann Arbor • Whether you are 55, 85 or 100, we look forward to meeing you. We invite you to join us once per month for a scheduled special event. Dates, times, and costs vary. Call Sonja at 434-8545; staff@unitya2.org or unitya2.org.

Animals & Pets

Natural Healing Modalities for Our Animal Friends with Betsy Adams • April 19 and 26, 7-8:55 p.m. • Discover how a wide variety of disciplines such as Reiki, flower and gem elixirs, and others can improve a pet's well-being, behavior, nutrition, skin, and attitude. $39. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Exploring Intuitive Communication with Our Animal Friends with Betsy Adams • April 30 and May 7, 1-2:55 p.m. • You will learn exercises to raise your intuition when communicating with animals. $39. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Holistic Health Approaches for Dogs and Cats with Anne Rice • Feb. 10, 6:30-9:25 p.m. • Learn about holistic care methods for common pet ailments. You'll receive recipes, a resource list, and local contacts for further exploration of holistic pet care. $35. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Holistic Health Approaches for Dogs and Cats with Magdalena Zenaida • Mar. 12, 19, 26; 9:30-11:55 a.m. • Learn the basic, fundamental theory of pet massage. $59. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 98.

Aromatherapy

Aromatherapy for Enhancing Relationships, Love, and Sexuality with Esther Morton-McCormick • Feb. 11, 6-8:55 p.m. • Create your own personalized aromatherapy blend and enroll your partner for a fun-filled Valentine's experience. $29. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Essential Oils with Jennifer Beard • Feb. 26, 5-7 p.m. • Learn different techniques of using oils and what an impact they can make to your well-being, both medicinally and spiritually. $30. Call 734-216-5200; info@bodyworkshealingcenter.com.

Medicinal Essential Oils with Jennifer Beard • Mar. 30, 7-8:30 p.m. • Many oils have specific actions such as cleansing, disinfectant or antibacterial. We will discuss the many ways they can be used in first aid, for aches and pain, for cold and sinus relief, and much more. $20. Call 734-216-5200; info@bodyworkshealingcenter.com.

Art & Craft

Dream Seeding for Changing Realities All Ages Art Show with Christopher Bednash • Mar. 1-31 • This is an exhibition of art that, in any way imaginable, helps us to see that a more beautiful, compassionate, and ecologically healthy community and world can be created. We will be seeking creative work in any media, at any skill level, from children, teens, and adults, until Feb. 14th. Late entries will be accepted, if possible. This unique community art event will be held at the Michigan Union in Ann Arbor and will be open to the public from exactly morning until late at night. Free. Call 680-5866; info@dreamseeding.org or dreamseeding.org.

STITCH: Crazy Wisdom Craft Night • First and Third Tuesdays of each month: Jan. 4 and 18, Feb. 1 and 15, Mar. 1 and 15, April 5 and 19; 6:30-8:30 p.m. in the Crazy Wisdom Tea Room • We welcome all crafters to bring their projects and join us in two hours of creating in our cozy tea room! We are a small group that meets twice per month. We mostly knit, crochet, embroider, and sew, but all crafts are welcome. This circle is free. Pots of hot tea, bowls of warm soup, and delicious desserts are also available. For more information, please contact Sarah Newland at 665-2757; sarah@crazywisdom.net or crazywisdom.net.

The Artist and the Intuitive Self with Violeta Viviano • Mar. 1, 8, 15, 22; 6:30-9:30 p.m. • Entry level exploration of meditative techniques and elements of John Friedlander's system to tap into an artist's intuitive and inspirational self. Bring a sketchbook and notebook. $175. Call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Off-Loom Seedbead Jewelry with Marc Rafferty • Daily Tuesday-Saturday, 11 a.m.-6 p.m. • Beadwoven jewelry and art pieces taught everyday in two or four hour sessions. Free with purchase of supplies. Call Middle Bead at 433-0595; shopthemiddlebead@yahoo.com.

Exploring More of the Tao through Watercolor Painting with Susan Bloye at WCC • Fridays, Feb. 4-Mar. 25; 1-2:55 p.m. • Gather each week in a safe, non-judgmental atmosphere to further develop your artistic style, advance your watercolor techniques, and celebrate your creativity. $125. Call Tamika or Christine at 677-5060; lifelong-learning@wccnet.edu or www.net.edu/lifelong-learning.

Creative Release Workshop with Shaqe Kalaj • 3.5 hour class, dates TBA • Find creative release that changes your perspective and heals through art making. We'll use words, color, and art history to formulate abstractions, drawings, and the human figure. All levels welcome. $50 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Intuitive Painting Workshop with Shaqe Kalaj • Wednesdays: Feb. 16-April 6 and April 13-June 1, 6:30-9 p.m. • Explore your inner world through painting and the power of intuition. The workshop is divided into three parts: our beginnings - birth, our instinctual nature - animals, and the goddess within. An empowering and transformative workshop. $220 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Open and Guided Art Drop-In with Shaqe Kalaj • Second and Fourth Thursdays of each month, 6-9 p.m. • The intention of this bi-weekly class is to allow for individual development and guidance with your art work. Come in with work you've been creating. $25 includes basic supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Moving Through the Winter Blues

Marnie Burkman, MD, ABIHM is a psychiatrist who weaves conventional and holistic approaches into her work. She is board certified in both general psychiatry and integrative holistic medicine and has a private practice treating adults at Aprill Wellness Center.

By Dr. Marnie Burkman
Photo by Rachael Waring

"In dark silence comes whisperings of new beginnings." ~ Mara Freeman

Graceful snowfall...icy chill in the air...dim sunlight...long nights. Winter is a quiet, beautiful, inwardly reflective season. For many people, it also heralds a time where one's mood drops into depression. There is a tendency to withdraw from activities that otherwise would be enjoyable. Energy levels and food choices are thrown off-balance, and thought patterns become more negative.

> The energy of winter is one of quiet stillness and, in that stillness, darker tendencies of the mind and emotions can arise and become more obvious.

The energy of winter is one of quiet stillness and, in that stillness, darker tendencies of the mind and emotions can arise and become more obvious. There are various theories as to why this happens, from low vitamin D levels or release of excess melatonin (a hormone that regulates sleep/wake cycles) to the psychological response of turning a naturally inwardly-reflective time against oneself.

If this happens to you, it could present a wonderful opportunity to take stock of one's life and one's personal tendencies and relationships. New, healthier choices can be made from these observations. What a marvelous space winter allows for this deeper life reflection!

However, if this self-reflection and quietness turns into serious depression, isolation, and fatigue that impedes growth and health, outside interventions may be necessary to promote healing through this time. For the "winter blues," also called Seasonal Affective Disorder (S.A.D.), the following interventions have been found to be helpful for many people.

- Phototherapy: Typical treatment involves close exposure to a light box that emits 10,000 lux (intensity) of filtered fluorescent light for about 30 minutes each morning throughout the winter season. Spending time outside exposed to sunlight on a daily basis, if possible, is also powerful.
- Dawn simulator: A great adjunct to phototherapy, this device attaches to light fixtures by one's bedside and simulates an artificial dawn, typically starting 1 to 1-1/2 hours prior to normal waking time.
- Cognitive-Behavioral Therapy (CBT): This form of psychotherapy examines thoughts, emotions, and behaviors that contribute to depression and trains one to have healthier responses. A 2008 study from the University of Vermont found that participants who received a course of CBT both reduced their depressive symptoms during the winter of their treatment and were less likely to experience a recurrence of depression the following year. These studies also suggested that CBT, and CBT combined with phototherapy, may be more effective than phototherapy alone.
- Negative ion exposure: These negatively charged particles are emitted in nature and are found near waterfalls, after a rainstorm, near pounding surf, circulating in mountain air, and even from burning beeswax candles. There is some evidence that exposure to negative ions on a daily basis has an antidepressant effect similar to phototherapy.

> Underneath the dormant ground, the earth is stirring with seeds and life force that will spring with new growth when the timing is right. What is the new growth you wish to see in your life in the coming year?

- Daily aerobic exercise: This is one of the most powerful treatments for depression and can be combined with any other approach.
- Social contact: This is critical when one's tendency may be to isolate.
- Dietary changes: Instead of overloading on processed carbohydrates, include protein-rich foods in your diet such as fish or eggs. Avoid products containing white sugar or white flour and consume a variety of fruits and vegetables. An evaluation from a nutritionist can be helpful.
- Color therapy: Surround yourself with, and dress in, warm colors like reds, oranges and yellows that reflect the color of the sun. Color therapy can stimulate subtle mood and energy shifts.
- Nutritional/hormonal balance: Get evaluation and treatment for conditions such as vitamin D deficiency or hypothyroidism.
- Seek help: Meet with a mental health professional who can guide you in an individual treatment plan, especially if your depression is more severe.

Whether your response to winter is joy, occasional blues, or serious depression, and whether nurturing your healing using any of the above interventions is necessary, it is important to remember the symbolism of what this season offers. Underneath the dormant ground, the earth is stirring with seeds and life force that will spring with new growth when the timing is right. What is the new growth you wish to see in your life in the coming year? What changes — inner and outer — are needed to cultivate this growth? This is the time to reflect on your life, to set forth these intentions for new growth, and to begin to plan for how any personal changes will be nurtured and allowed to bloom in the spring.

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(Marnie Burkman can be contacted at 734-913-0345 or visit www.michiganintegrative.com.)

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The Crazy Wisdom Calendar

Art & Craft (continued)

Experimental Art Night Drop-In with Shaqe Kalaj • First and Third Thursdays of each month, 7-8:30 p.m. • A drop-in class where experimentation with materials, styles, concepts, and approaches open a new vehicle of expression for the seasoned artist and the amateur through individual and group work. $15 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Collaging History: A Collaborative Installation Exhibit with Shaqe Kalaj • Saturdays, Feb.-April • Join in collaborating history on the walls of Art and Ideas Gallery through photographs and drawings that you create. Free. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Fearless Creating with Shaqe Kalaj • Eight Tuesdays: Feb. 1-Mar. 22 and April 5-May 24, 7-9 p.m. • Learn about the levels of the creative process and how to move through blocks and heighten creativity while developing an understanding of how you create. This is for all artists, musicians, and writers of all levels. $195. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Astrology

Intro to Astrology with Donna Nardone • Feb. 20, 1-3 p.m. • So you have decided to study astrology. You are starting a journey toward self understanding as well as gaining the ability to understand how the other fellow operates. It involves the relationship between the larger universe outside you and the personal universe within. Come learn about the universe, planets, astrology signs, and the planets ruling the signs. Open to a whole new world of wisdom. $55. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Solar Returns: Your Annual Energy Clock with Richard Smoot sponsored by SMART • Jan. 23, 2-4:30 p.m. • We will closely examine the solar return chart for timing the entire year. Tiger Woods is used as an example. The solar return prior to the revelation of his secret life forecasts his divorce within two weeks. $14. Call Pam Wenzel at 788-0186; smartmich2010@gmail.com.

The Nodes and Transits with Pat Perkins sponsored by SMART • Feb. 6, 2-4:30 p.m. • The nodes are a key to unlocking the meaning of our charts. When they transit our natal planets and nodes, they have a significant impact on our lives and indicate a time to sit up and listen. The events and situations set up by these transits are an attempt to put us back on the path of fulfilling the lessons indicated by our natal nodes. Contact us to get a free copy of your natal chart if you don't have one. $14. Call Linda at 428-0254; bluemoonastrology@yahoo.com.

9th Annual Sunday Sampler hosted by SMART in honor of National Astrology Day • Mar. 20, 1-5 p.m. at Crazy Wisdom Community Room • This Sampler includes three speakers discussing various topics relevant to the astrology community. Phil and Sandy Mead will discuss yantras east and west, including the use of yantras - unique geometric planetary diagrams placed in the home or office to harmonize the space and the person. Nancy Emmert will present an overview of human design, which links the moment of birth with two other ancient systems: the I Ching and the chakras. The third speaker TBD. $20. Call Linda at 428-0254; bluemoonastrology@yahoo.com.

An Astrology Talk with Shirley Gray sponsored by SMART • April 17, 2-4:30 p.m. • $14. For topic description, please call Linda at 428-0254; bluemoonastrology@yahoo.com.

What's in Store for You in 2011: Astrological Predictions using Nine Star Ki Astrology with Joy Naylor • Jan. 18, Feb. 22, Mar. 22; 7-9 p.m. • Learn your birth star and what it means. Gain insight about yourself and others in your life. See what the new year brings for you and how to best direct your energy. $25. Call 645-1188; joy@distinctdesignsinc.com.

Author Events

Come Dance in the Rain with Me Booksigning and Talk with Elaine Stenger, author of *Dancing in the Rain: Step into the Transformative Power of Choice* **• Mar. 29, 7-8:30 p.m. at Crazy Wisdom Bookstore •** In her new book, Elaine shares a compelling story of love, forgiveness, and self-empowerment. Embarking on a journey of discovery, she travels from mindlessly filling her life with anger and fear to consciously creating a life filled with joy and compassion. Using everyday experiences as the seed crystal, she explores complex issues of transformation, conscious living, and the power of the soul. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

Booksigning and Talk with Jackson Kaguri, author of *The Price of Stones: Building a School for My Village* **• April 3, 1 p.m. at Crazy Wisdom Bookstore •** This new book is the story of the building of an extraordinary school for orphans and the astonishing effort by one man to raise an entire community out of poverty and hopelessness. Weaving together stories that illuminate key life-changing moments in Jackson's youth with the remarkable account of the challenges he faces as he overcomes countless complications in building the school, his story demonstrates that one person with a dream can change lives and make the world a better place. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

Booksigning and Talk with Michael Nelson, co-editor of *Moral Ground: Ethical Action for a Planet in Peril* **• April 6, 7 p.m. at Crazy Wisdom Bookstore •** While climate disruption and environmental degradation are scientific and technological issues, they are fundamentally moral issues that call us to actions grounded in justice and integrity. With readings, stories, music, and several philosophical adventures, Nelson calls for a national conversation about our personal and collective responsibilities to the future. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

> People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.
>
> - Dalai Lama

Book Launch for *Natural Hospital Birth: The Best of Both Worlds* with co-author Cia Gabriel • April 12, 7 p.m. at Crazy Wisdom Bookstore • Come meet the author and bring any and all questions about birth to the event. Help celebrate the publication of this mother-friendly, hospital-friendly, natural-birth-friendly book. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

Poetry Reading and Booksigning with Robert Mouton, author of *The Matchbook Prophecies* • Jan. 18, 6:30-9 p.m. at Crazy Wisdom Bookstore • This collection of provocative verses was originally composed on matchbook covers in clubs, cafes, pubs, and social events in Detroit and across the country. Free. Call 586-945-5975; robert.mouton@gmail.com or robertmouton.com.

Booksigning and Talk with Marie Gates, author of *Are We Our Past Lives? Soul Patterns in Personalities and Relationships* **• Feb. 5, Noon-2:30 p.m. at Crazy Wisdom Community Room •** We will discuss how previous lives affect personalities and relationships. To work upon our past life karma, we choose suitable personality traits, family members, and associates before we are born. Free. Call 248-652-4403; marie@areweourpastlives.com or areweourpastlives.com.

Booksigning and Reading with Anastasia Catherine, author of *Crone Thoughts and Musings*, and Lara Joseph, author of *Feel Good Universe* • Mar. 12, 2-4:30 p.m. at Crazy Wisdom Community Room • Free. Call Gwen at 815-600-2682; gwenlaumer@feelgooduniverseinc.com or feelgooduniverseinc.com.

The Difference Between Religion and True Spirituality: Booksigning with Marvin Wilson, author of *Beware the Devil's Hug* • Mar. 30 at Crazy Wisdom Community Room • A booksigning, brief presentation, and interactive discussion on the difference between religion and spirituality. Love donations accepted. Contact marvwilson2020@gmail.com or theoldsilly.com.

5 Ways to Save $7,000 Off Baby's FirstYear: A Mom and Baby Tea with Laura Cown, author of *Eco-Frugal Baby* • April 19, 3:30 p.m. at Crazy Wisdom Tea Room • Expectant parents and new moms, come enjoy a relaxed morning tea and free talk with local author and frugal green parenting blogger Laura Cowan, who will also be signing copies of her book. Spouses and babies welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Ayurveda

Ayurveda: Seasonal Support for Winter with Jessica Snyder • Jan. 12, 6-8 p.m.; Feb. 11, 6-8 p.m.; Mar. 20, 2-4 p.m. • According to Ayurveda, the 5,000 year old science of life from India, each season has predominating elements (space, air, fire, water, earth). If we do not relate to the elements in our environment in a balanced way, we become unhealthy. These classes offer practical ways to apply Ayurveda to stay happy and healthy through the winter season. $20 per class. Call 904-7555; earthscradle@gmail.com or earthscradle.com.

Yoga Pranayam for Total Health and Alternative Acupressure: Ayurveda (Science of Life) with Dr. Kumar • Jan. 28, Feb. 25, Mar. 25, April 29; 6-8 p.m. • Improve your health and well being, take responsibility for your body, mind, and spirit, and make an authentic change in your life. We will discuss the ancient Indian Pranayam methods (breath works) that have brought thousands of people total well being and health independence. We will also learn the fundamentals of Ayurveda and Level 1 Su-Jok Acupressure. $30 per class includes acupressure tool. Call 231-360-1435; service@indiahealthtoday.com or indiahealthtoday.com.

Bodywork

BodyWorks Sampler Open House with Pat and Dave Krajovic, Jenni Gutman, Carol Clark, Debra Williams, and Amy Brusca • April 8, 6-8 p.m. • Come sample some of the many services BodyWorks has to offer: Amethyst Mat, Transformational Breathing, Reiki, Cranial Sacral, Hot Stone Chair Massage, Thai Massage, and Pranic Healing. $35 for four 15-minute sessions. Call 734-416-5200; info@bodyworkshealingcenter.com.

Demonstration Rolfing Sessions with Leland Austin • Feb. 12, Noon-3 p.m. at Crazy Wisdom Community Room • Rolfing sessions to experience or observe. Leland brings gentle awareness to different parts of the body to notice the subtle arising and unfolding of sensations and emotions. Working with the Rolfing form in this way seems to develop an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. $5-$10 suggested donation. Call 327-1066; lelandsf@gmail.com.

Demonstration Rosen Method Bodywork Sessions with Lucia Viers • Feb. 12, 3-5 p.m. at Crazy Wisdom Community Room • 30 minute Rosen Method sessions to experience. Rosen Method uses gentle touch and dialogue to support a deepening of physical and emotional awareness to help us open and move through layers of chronic tension that separate us from ourselves. Feeling the shifts in muscle tension and breath connects individuals to various ways they shape themselves with posture, attitudes, beliefs, and emotional holdings. $5-$10 suggested donation. Call 327-1066; luciaviers@gmail.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • Second Friday of each month, 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off. All are welcome; just show up! (Authors absent from events.) For more information, see brief reviews of these books on page 54 of this issue of the Crazy Wisdom Community Journal. Call 665-2757; information@crazywisdom.net.

Jan. 14 • *Ecological Intelligence: The Hidden Impacts of What We Buy* **by Daniel Goleman, hosted by Rachel Pastiva**
Feb. 11 • *The Cow in the Parking Lot: A Zen Approach to Overcoming Anger* **by Susan Edmiston and Leonard Scheff, hosted by Bill Zirinksy**
Mar. 11 • *Bring Me the Rhinoceros and Other Zen Koans that Will Save Your Life* **by John Tarrant, hosted by Jonathan Ellis**
April 8 • *Daughters of the Witching Hill* **by Mary Sharratt, hosted by Carol Karr**

Jewel Heart Readers • Jan. 11, Feb. 8, Mar. 8, April 12; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Yoga Room's Book Club with Christy DeBurton • February and April meetings • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. Free. Bring a vegetarian dish to pass for an hors d'oeuvres potluck. Call 761-8409. For a list of upcoming book selections and meeting dates, visit christydeburton.com or info@christydeburton.com.

Breathwork

Transformational Breathwork Drop-In Sessions with Frank Levey • Tuesdays: 9:30-11 a.m. or 7-8:30 p.m. • Transformational Breathwork is a powerful self-healing process that allows us to open our restricted breathing patterns. This opening brings about release and integration of blocked energies that gives a greater knowing of peace, well being, and connection to source. $15-$25 sliding scale. Call 657-8742; frank@awakenedbreath.net or awakenedbreath.net.

Transformational Breath for Meditators with Lisa Zucker and Frank Levey • Jan. 13, 27, Feb. 10, 24; 7-9 p.m. • In this series for experienced meditators, there will be facilitated breath sessions of 40 minutes or more, along with full integration and periods of silent meditation in each class. Presentation of comprehensive introduction to the breath work at the first class. Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns, potentially resulting in greater integration of mind, body, and spirit; more joy and peace in daily life; and increased clarity and focus in meditation. $28 building fee with opportunity to offer donation to teachers. Call Lisa at 662-7793 or Frank at 975-4448; info@deepspring.org or deepspring.org.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Jan. 26, 6:30-9 p.m. or April 9, 4-6:30 p.m. • Learn what the breath can do for you, not just to restore health but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit. $50. Call 734-416-5200; info@bodyworkshealingcenter.com.

The Crazy Wisdom Calendar

Breathwork (continued)

Group Breath Session with Dave and Pat Krajovic • Jan. 17, Feb. 15, Mar. 7, April 6; 7-8:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. You must have previously attended at least three Transformational Breathing Introductory workshops. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Free Talk: 100 Breaths for a Better Life with Dave Krajovic • Jan. 18, 7-8:15 p.m. • Start your new year off right. Learn how conscious breathing can help you create a better life. Free with donations accepted. Call 734-416-5200; info@bodyworkshealingcenter.com.

Conscious Manifesting with Pat and Dave Krajovic • Feb. 20, 9 a.m.-5 p.m. • If you restrict your breath, you restrict the abundance the universe has for you. This is an unconscious action. Learn to bring consciousness to your breath. Attract and succeed in ways you never dreamed possible. $147 with early registration discount offered. Call 734-416-5200; info@bodyworkshealingcenter.com.

Extended Breath Session with Pat and Dave Krajovic • Mar. 2, 7-9 p.m. • Breathe long! Breathe deep! Live long! Live well! This group breath session is extended in length by 50%. Expect to be breathing at least 1.5 hours for a deeper experience. Clear more negativity and connect more clearly to source. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Breathing Presence with Pat and Dave Krajovic • Mar. 12-13, 9 a.m.-5 p.m. • You can tap into presence and let it flow consciously through you to create a joyful life full of passion and vitality, love, and peace. Based on the work of Michael Brown and the levels of Transformational Breathing, we will move through the pathway of awareness to gather understanding and experience presence. $447 with early registration discount offered. Call 734-416-5200; info@bodyworkshealingcenter.com.

Buddhism

The Road Up the Mountain: The Four Noble Truths of Buddhism with Mother Clare Watts • Feb. 17, 7:30 p.m. • The Buddhist approach to life's suffering and to freedom can be applied to any spiritual path as it contains an essential truth: life contains suffering due to one's attachment. This seminar will explore the Four Noble Truths and how they can be applied to modern spiritual development. $25 suggested donation. Bring a friend for free. Call Lela Iduna at 734-363-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

GOM Practice Weekend with Jewel Heart Instructors • Jan. 8, 9 a.m.-8:30 p.m. and Jan. 9, 9 a.m.-6 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions will include sitting and walking meditations. Instructors available for assistance. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Jan. 10, 17, 24, 31, Feb. 7, 14, 28, Mar. 7; 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of mind. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Gateway to the Spiritual Path with Jewel Heart Instructors • Jan. 13, 20, 27, Feb. 3, 10, Mar. 3, 10, 17; 7-8:30 p.m. • The main focus of this course is developing a reliable spiritual foundation. Gelek Rimpoche's transcript, Gateway to the Spiritual Path, serves as the basis. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom: Section 2 with Jewel Heart Instructors • Mar. 9, 23, April 6, 20, May 4, 18, June 1, 15; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Mondays, Mar. 21-May 9; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow Creating Space. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Ganden Lha Gyema with Jewel Heart Instructors • Thursdays, Mar. 31-May 19; 7-8:30 p.m. • One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises and enriches our inner development. Grounded in appreciation for our spiritual teacher, the Ganden Lha Gyema practice uplifts us through familiarity with generosity, respect, purification, rejoicing, and many other beneficial activities. This course offers instruction on specific visualization practices interwoven with the Migtsema mantra. $80. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Concentration Meditation Sessions with Jewel Heart Instructors • Sundays, Jan. 2-April 24; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Donations welcome. No class Feb. 20 or 27. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, Jan. 2-April 24; 8:45-9:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Donations welcome. No class Feb. 20 and 27. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Monthly Weekend Teachings with Gelek Rimpoche of Jewel Heart • Jan. 21-22 via live webcast from Jewel Heart New York, Feb. 4-6, Mar. 11-12 via live webcast from Jewel Heart New York, and April 1-2 • Teaching schedule: Fridays, 7:30-9 p.m.; Saturdays, 10-Noon and 2-5 p.m. For cost, contact 994-3387; programs@jewelheart.org or jewelheart.org.

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Photo by Carol Karr

Cathy DeLauter

Cathy DeLauter is an ordained Interfaith non-denominational minister and spiritual teacher. She's currently offering classes and workshops on the teachings of Byron Katie, which can be found in the Personal Growth section of the calendar.

Sunday Morning Talks with Gelek Rimpoche or Jewel Heart Instructors • Sundays, 10-11 a.m. Talk and 11-11:30 a.m. cookies • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies or brunch. Jan. 2: Wisdom and Compassion with Gelek Rimpoche. Jan. 9: Three Spiritual Practices. Jan. 16: Sacred Space. Jan. 23: Benefits of Meditation. Jan. 30: Lineage as Inspiration with Gelek Rimpoche. Feb. 6: Wisdom of Generosity with Gelek Rimpoche. Feb. 13: The Four R's for Positive Change with Gelek Rimpoche. Feb. 27: Empowerment with Gelek Rimpoche. Mar. 6: Gratitude of Rejoincing with Gelek Rimpoche. Mar. 13: Choosing a Spiritual Master. Mar. 20: Spiritual Student's Perspective. Mar. 27: Choosing Life. April 3: Karma and Interdependence with Gelek Rimpoche. April 10: Life and Death. April 17: Refuge on the Spiritual Journey. April 24: From Habit to Awareness. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Power of True Health with Domo Geshe Rinpoche • Mar. 26, 3-4:30 p.m. at Crazy Wisdom Community Room • Unlock the potential of true health that already lives within you. There is a deeper health that reaches interior levels of being and encompasses the whole person: body, speech, and mind. In this session, Rinpoche will lead participants on an exploration of true health through a deep consideration of how it manifests through energy, alertness, and joy. $15 suggested donation. Call Jessie Clark at 262-707-7362; jessie.spoons@gmail.com or white-conch.org/welcome.html.

Two Sunday Services at the Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting of the Three Refuges, and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

New Year's Day Service at the Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us as we begin 2011 (2555 in the Buddhist calendar) with contemplation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Buddha's Enlightenment Day All-Night Sitting at the Zen Buddhist Temple • Jan. 7-8, Friday night-Saturday morning • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money for the altar. Everyone is welcome. Call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays starting Jan. 13, Mar. 10, and April 21; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 unwaged. Call 761-6520; annarbor@zenbuddhisttemple.org.

The Crazy Wisdom Calendar will be posted online starting January 3, 2011, at crazywisdom.net.

Polishing a Mirror to Make a Tile Workshop led by Dosho Port at the Zen Buddhist Temple • Feb. 5, 9 a.m.-Noon • When you sit in meditation, what are you seeking? Is your intention to escape from meditation or to get something from it? Are you aiming at having no intention at all? We'll study the "polishing the tile" encounter dialogue between two old Zen adepts, examining what we are seeking and using Dogen's perspective to tease out what the dialogue has to say about refining our lives through Buddhist practice. Newcomers and old Zen hands welcome. $60. Call 761-6520; annarbor@zenbuddhisttemple.org.

In a World on Fire, Can the Buddhadharma Douse the Flames? Public Talk with Dosho Port at the Zen Buddhist Temple • Feb. 6, 10:30 a.m. • By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Mar. 11, 7 p.m. to Mar. 12, Noon • This format is primarily for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and breakfast. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Feb. 19 and April 23, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and some discussion - an interval of deepening, of slowing down, noble silence, and mindfulness. $50 includes vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Three-Day Spring Retreat (Yongmaeng Jeongjin) at Zen Buddhist Temple • Mar. 31, 7 p.m. through April 3, 8 a.m. • This retreat, conducted by Ven. Haju Sunim, is an intensive period of Zen practice geared toward the experienced meditation student. $60 per day or $50 per day for members. Partial attendance can be arranged. Call 761-6520; annarbor@zenbuddhisttemple.org.

Rafe Martin Returns to Ann Arbor sponsored by the Zen Buddhist Temple and Jewel Heart • Rafe Martin is a noted author and storyteller. He has received multiple American Library Association Awards, Notable Book Awards, and the prestigious Empire State Award. He has been a featured storyteller at the National Storytelling Festival and is also a fully ordained lay practitioner with over 40 years in formal Zen tradition. His latest books are both jataka explorations - *The Banyan Deer: A Parable of Courage and Compassion* and *Endless Path: Awakening in the Buddhist Imagination - Jataka Tales, Zen Practice, and Daily Life*. Call 761-6520; annarbor@zenbuddhisttemple.org.
April 8, 7 p.m. • Storytelling Evening for the Whole Family: World Tales of Wisdom and Compassion at the Zen Buddhist Temple • $10 adults and $6 children.
April 9, 9:30 a.m.-12:30 p.m. • Workshop at Jewel Heart
April 10, 10:30 a.m. • Dharma Talk at Zen Buddhist Temple

Celtic Teachings

Celtic Folklore and Meditation with Carol Clarke • Mar. 10, 7-8:30 p.m. • Learn about the ancient Celts, myth, and folklore just in time for St. Patrick's Day. Experience meditation, rituals, and folklore common to this age. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Ceremonies, Celebrations & Festivals

First Annual Spring Equinox Craft and Psychic Faire at Crazy Wisdom Bookstore • Saturday, Mar. 19; 11 a.m.-4 p.m. • Come to Crazy Wisdom to help us celebrate the arrival of Spring! Shop directly from local artisans in our Community Room Artisan Market upstairs, and receive a psychic and/or tarot reading from local intuitives set up throughout the store. For more information, contact Sarah at sarah@crazywisdom.net or Carol at carol@crazywisdom.net or phone Crazy Wisdom Bookstore at 665-2757; crazywisdom.net.

Sunday Celebration Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:15 p.m. • The Interfaith Center for Spiritual Growth is a New Thought congregation that meets in its own beautiful building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readings, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free. Call Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2011 (2555 in the Buddhist calendar). For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Earth Day Celebration for All Ages with Zen Buddhist Temple • April 24: 9:30-11:30 a.m. • The service will be followed by a celebration and garden planting. Call 761-6520; annarbor@zenbuddhisttemple.org.

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searching?
stressed?

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creative
spirit healing
IMAGINE HEALTH
WORKSHOP:
Harnessing the
Healing Power of Illness
Tuesdays , 6:30-8:30 pm, March 1-April 12, 2011
Body Mind Spirit Wellness Center
2007 S. State Street, Ann Arbor, MI 48104
Get a new perspective on your illness, and let the healing begin!
Register with Kristi Davis at
kristi@creativespirithealing.com
For more info see:
www.creativespirithealing.com/imagine-health
Kristi Davis, MA, is a Holistic Health Educator, Registered Drama Therapist Candidate and Member of the Society for the Arts in Healthcare.
(734) 253-2650

WORKSHOP:
Discovering
the Secret Teachings of the Aramaic (non-Christian) Jesus With Jim Stacey, author of Jesus Was Not A Christian.
Guided Meditations with Marcia Maria, Reiki Master and Energy Healer
Dates: Jan. 12, 20 & 26, 2011
Time: 7:00 - 8:45 pm
Cost: $15 per class or $40 for all three sessions
Location: Crazy Wisdom Community Room
114 S. Main Street, Ann Arbor
Learn about Divine connection within--where no church is needed.
Find out why Jesus never said "sin", "hell", or "evil". See why Jesus never knew a masculine "God".
TO REGISTER, CALL
734-635-0453 or 419-283-4344
Jim Stacey,
www.thedivineiswithinus.com
Marcia Maria,
www.thecosmicgoddess.com
Find out why Jesus never said "sin", "hell", or "evil".

The Crazy Wisdom Calendar

Ceremonies, Celebrations & Festivals (continued)

Burning Bowl Service with Rev. James Parker at Unity Church Ann Arbor • Jan. 2, 9-11 a.m. • Ready to change your life? Join us in releasing the past and old ideas and opening ourselves to receive the wonderful things that spirit has in store for us. Call Sonja at 434-8545; staff@unitya2.org or unitya2.org.

Good Friday Communion Service with Rev. James Parker at Unity Church Ann Arbor • April 22, 7 p.m. • For complete description, call Sonja at 434-8545; staff@unitya2.org or unitya2.org.

Easter Sunday Celebration with Rev. James Parker at Unity Church Ann Arbor • April 24, 9-11 a.m. • For complete description, call Sonja at 434-8545; staff@unitya2.org or unitya2.org.

Channeling

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move along our spiritual path, and current trends and issues that affect us. Often there is time for questions and answers with the guides. Bring a dish to share. $10 suggested donation. Call Evan at 248-437-7466; karltazarley.com.

Evenings with Aaron with Barbara Brodsky and Aaron • Mar. 16, April 13; 7:30-9:30 p.m. • All are welcome! No experience or registration necessary. An open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions. By donation. Call Deep Spring at 477-5848; info@deepspring.org or deepspring.org.

An Evening with Jacob with Judy Crookes • Mar. 28, April 25; 7-10 p.m. • Evenings with Jacob are a delightful time of laughter and learning. Jacob usually begins the evening by briefly speaking with most participants. They will then move on to an informational talk relevant to those who have gathered. Typical topics have been attitude, abundance, power, gaia or reality creation. Jacob will then ask for questions, which can be personal or general. $20. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Channeling Angels with Shala Kilmer • Eight weeks beginning Tuesday, Jan. 18, 6:30-9 p.m. or beginning Monday, Mar. 21, 6:30-9 p.m. • Learn how to allow the angels to speak through you. Limited to eight participants. $295 Call 248-258-8287; IntuitionPath.com.

Chant

Ann Arbor Kirtan • Jan. 21, Feb. 18, Mar. 18, April 22; 7:30-9:30 p.m. • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5-$10 suggested donation. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

Community HU Chant with Local Members of Eckankar • Mondays beginning Jan. 24, 6:30-7:15 p.m. • All faiths (and agnostics!) are welcome to join this weekly, free get-together to sing one of the ancient names for God - HU. Popular in many cultures, the singing of HU is an undirected prayer to harmonize the consciousness with and open the heart to God's love. Free. Call John at 320-2010; john.zissis@sbcglobal.net or eckankar.org.

Childbirth

Becoming a Breastfeeding Mother with My Urban Toddler • Feb. 8, Mar. 8; 5:30-7:30 p.m. • This essential class will prepare parents for a positive and confident start to breastfeeding. $39. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Childbirth Preparation: Birthing from Within with My Urban Toddler • Winter I: Jan. 12-Feb. 16, 7-9 p.m.; Winter II: Feb. 23-Mar. 30, 7-9 p.m. • This series is both informative and meaningful. Each series is designed specifically to meet the interests, needs, and questions of participants. Based on the Birthing From Within philosophy. $235. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Peace and
Bright Blessings in 2011

Childbirth Preparation: Everything You Need to Know with Kate Stroud through Center for the Childbearing Year • Seven Tuesdays: Jan. 11-Feb. 22 or Seven Wednesdays: Mar. 9-April 20; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. $235 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Kate Stroud through Center for the Childbearing Year • Jan. 15 and 22 or Mar. 26 and April 2, 9:30 a.m.-1 p.m. • The two-session condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $165 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Negotiating the Medical Setting: What Parents Need to Know about Epidurals, Cesareans, Birth Plans, and Informed Consent with Kate Stroud through Center for the Childbearing Year • Jan. 29 or April 9, 9:30 a.m.-1 p.m. • The title says it all. This class is designed to be an optional third class to accompany our Condensed Series of Childbirth Preparation classes for parents who want a comprehensive preparation in a weekend class format. $70 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • Jan. 8, 12:30-5 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of trial and error by sharing practical insights and identifying supportive resources. We discuss how to hold a newborn, the sensory capacities of a newborn, the "stuff" that's necessary, as well as diapering, bathing, and calming the baby. $60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Feb. 5, 12:30-5 p.m. or Mar. 22 and 29, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. $60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

> Nothing is so strong as gentleness, and nothing is so gentle as true strength.
>
> - St. Francis De Sales

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Feb. 12-13 or April 16-17, 8:30-6 each day • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be in a support role for other moms. Class leads to professional certification through DONA International. $375 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Mar. 17-20: Thursday 1:30-7:15 p.m., Friday and Saturday 8:30-6 p.m., Sunday 8:30-3:15 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of birth experience and its impact on postpartum recovery, normal physiologic recovery for mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, and postpartum mood disorders. Leads to professional certification through DONA International. $425 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

Professional Education in Breastfeeding and Lactation with Barbara Robertson through Center for the Childbearing Year • Mar. 12, 9 a.m.-2 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. $75 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Feb. 11 or April 15, 10-6:30 p.m. • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, nutrition, and more. $120. Call 663-1523, patty@center4cby.com or center4cby.com.

Children & Young Adults

Listings for children are now found in our new Children's Section of this Journal, devoted to events and classes for children, young adults, and families!

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 24: 1 p.m. and 4 p.m. seatings; and May 8 for Mother's Day: 1 p.m. seating • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; jerri@crazywisdom.net or crazywisdom.net.

Christian Mysticism

Introduction to Meditation and Christian Mysticism with Revered Lela Iduna • Sundays, Noon-2 p.m. • This is a powerful six-week introductory course designed for modern mystics. Time will be spent teaching the principles of meditation that will allow you to move deeper than the body into the realm of God's peace and presence within. Free. Call 353-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Opening to the Experience of Divine Love with Mother Clare Watts • Feb. 18, 7:30 p.m. • Do you know that a divine creator created you from love and for love? Does that question make you curious about how you might experience this reality for yourself? Come and learn how to open your heart and mind to the spiritual realities around and inside you. $25 donation. Bring a friend free. Call Lela at 353-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

The Stillness of Mary with Mother Clare Watts • Feb. 19, 10 a.m.-2 p.m. • Come and learn the healing balm of Mother Mary's stillness and the reality of her great love and power for all humankind. $40 donation. Bring a friend free. Call Lela at 353-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Crystals

Integrating Crystals into Bodywork with Linda Greene • Feb. 20, 9-Noon • Learn how to use quartz crystals and chakra stones to increase the effectiveness of your existing bodywork practice. We will include the use of pendulums, selecting, charging, cleansing, and placement of crystals. Use of pendulums, crystals, and stones provided. $30. Call 678-2360; lingreene@gmail.com.

Adult Star Crystal Group with Carol Clarke • Third Thursday of each month, 7-8:30 p.m. • This is a monthly class where we will discuss one crystal/stone or mineral per month. Includes meditation specific to that stone and an open forum for any questions on crystals you may have. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Crystals 101 with Carol Clarke • Jan. 14, 7-8:30 p.m. • This is a very basic class on how to choose, clear, program, and work with crystals. Discover the hidden energies stored within these jewels from the earth. $20. Please bring your own stone chakra set or we can supply stones needed for $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Advance Crystal Series with Carol Clarke • Fridays, Jan. 21-Feb. 25; 7-8:30 p.m. • More advanced approach to utilizing crystals to help with every aspect of your life. Class will include pendulums, chakra arrays, and use of crystals for personal empowerment. $150 includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Crystals, Love, and Soul Linking with Carol Clarke • Feb. 10, 7-8:30 p.m. • Learn how crystals can help you express love. Learn how you can access deep authentic love with your partner, attract your soul mate energies, and experience meditation and soul linking exercise. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Dance & Movement

Dances of Universal Peace with Judy Lee "Nur-un-nisa" Trautman • Jan. 7, Feb. 4, Mar. 4, April 1; 7-9 p.m. at Friends Meetinghouse • These dances, created by Sufi teacher Samuel Lewis in the 60's as part of a concept of peace through the arts, celebrate the world's faith traditions. No experience or partner is necessary. $5 donation. Call Drake at 663-2037; jltrautman@sbcglobal.net.

Nia with Teresa Myers • Saturdays, 11 a.m.-12:30 p.m. • Nia is a pleasurable fitness class in which dance arts, martial arts, and healing arts are used to invigorate the mind, body, emotions, and spirit. Nia is geared towards all ages and physical abilities. In practicing Nia, you fall in love with being and moving in your body. You experience the power of self healing. $15 for 1 1/2 hour class or $10 for one hour class. Call 846-2695; tkmyers@soulfulmovement.com or soulfulmovement.com.

The Crazy Wisdom Calendar

Dance & Movement (continued)

Authentic Movement Class Series with Stefanie Cohen • Jan.-April: Mondays, 7-9:30 p.m. • In this contemplative movement practice, we listen to and honor our bodies' impulses for movement. We create a safe, open, and inspiring environment for exploration and creativity. $250-$350 sliding scale. Call 474-1517; stefanieco@hotmail.com.

Silat Traditionale with Leonardo Stoute "Bapak Waleed" • Mondays and Wednesdays, 7:30-9 p.m. and Saturdays, 10-Noon • Experience dance and movement arts from Indonesia taught in the traditional manner. These arts help develop balance, strength, flexibility, breath control, and balance in a way that is energetic, artistic, and meditative all at the same time. First class is free. Call Body-Mind-Spirit Wellness Center at 678-4523; internationalsilatfederation.com.

Belly Dance for Every Woman with Kay Louise of Mesmeric Belly Dance Fusion • Weekly Fridays or Sundays • Belly dance technique focusing on muscle isolation, balance, coordination, self confidence, and emotional healing. $15 per class. Call 419-280-3674; theplacetoledo@yahoo.com or kaylouise.com.

Dreaming a Place: Environmental Dance and Movement Meditation with Irena Nagler • Feb. 20 and Mar. 27 • We will explore and celebrate the sense of place, allowing its elements to speak through us in dance and movement. $5-$20 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

BollyFit Performance with Anuja Rajendra • Jan. 30, 1-2 p.m. • Do you dream of energizing fitness that's a spa experience that you look forward to? BollyFit is fitness through dance - fitness that's fun and attracts first-time dancers to grandmothers who haven't danced in 30 years! The program will feature a brief presentation about BollyFit, a performance, an instructional segment for the audience, and a question and answer session. Donations welcome. Call 657-6680; anuja@bollyfit.com or bollyfit.com.

Winter Dance Classes through Tree of Life Cultural Arts Studio • Winter session: Jan. 10-April 2 • Most classes are $12 drop-in or $120 for twelve weeks. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Afro Modern Intensive with Jenabah • Four Saturdays: Feb. 5, 12, 19, 26; 11 a.m.-12:30 p.m. • This dance combines the spirit and technique of West Africa, Afro-Caribean, and modern dance styles. After a soothing, yet invigorating full body warm-up, we will continue with progressions across the floor and small phrases of choreography working with posture and isolations. Students will build strength, alignment, and stamina while experiencing the joys of African movements with a subtle approach. $52.

Zumba for Ages 13+ with Jane • Saturdays, 10-11 a.m. • Zumba fuses hypnotic Latin and world rhythms into easy to follow moves that create a dynamic fitness class. All levels welcome.

Tribal Style Belly Dance: Beginning for Ages 13+ with Cheri • Saturdays, 9-10 a.m. • This class will cover basic belly dance movements, technique, and the concept of tribal style group improvisation.

Tribal Style Belly Dance: Intermediate/Advanced for Ages 13+ with Jenabah • Thursdays, 7-8:30 p.m. • Intended for the dancer who wants to further explore Tribal Style Belly Dance through combinations, fun formations, and improvisation combined with choreography. $15 drop-in or $156 for 12 weeks.

Capoeira for All Ages with Manhoso • Thursdays, 6-7 p.m. • Capoeira is an Afro-Brazilian art form that combines dance, martial arts, and acrobatics. It is also a social event filled with tradition and history.

Tap for Ages 13+ with Ziva • Wednesdays, 8-9 p.m. • Classes emphasize the development and strengthening of basic tap technique and terminology, highlighting the importance of rhythm and sound.

Jazz/Hip Hop for Ages 13+ with Ziva • Wednesdays, 6-7 p.m. • See website for description.

Belly Dance Basics for Ages 13+ with Ziva • Tuesdays, 6:30-7:30 p.m. • Students will learn a brief history of Raks Sharqi (professional form of belly dance) and Raks Beledi (folkloric form). Fun ways to stretch and strengthen the body will be learned to enable students to execute basic isolations of belly dance and then transfer these into fun contemporary choreography.

African Dance with Jenabah • Mondays, 6-7:30 p.m. • Let the beat of the drums move your body and soul! This class offers a rich taste of African culture and provides an amazing, full body workout. All levels welcome. $15 drop-in or $156 for 12 weeks.

Death & Dying

The Best is Yet to Be... with Margaret Heinz and Particia McCarty at Weber Center • Mar. 5, 9:30-3:30 • In Part I, Margaret will explore the medical issues and the legal implications to consider when preparing a Durable Power of Attorney for oneself or agreeing to act as DPOA for another. In Part II, Pat will explore the spiritual issues we face when preparing for death as well as some of the contemporary thinking and research being done around the experience of death and dying. $35 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Dreamwork

DreamWorks Workshop I with Deb Foggio • Jan. 22, 10 a.m.-1 p.m. • Dreams are practical tools we can use to understand our lives and even see into our futures. This valuable resource is custom made for your life. All it takes to discover the wisdom that awaits you in your dreams in learning the code. Dream study teaches that and more. Open the door to your creative genius. Discover your own unique blueprint and the keys to your destiny. $65. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

DreamWorks Workshop II with Deb Foggio • Feb. 19, 10 a.m.-1 p.m. • See above description. Dreams are your magic mirror that reveals the truth of what is going on in your life now. More intensive dream analysis in this class, including intuitive applications. $65. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drumming

Drummunity Circles hosted by Lori Fithian • Jan. 11, Feb. 15, Mar. 16, April 20; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

Drum Circle with Curtis Glatter • Jan. 16, Feb. 20, Mar. 20, April 17; 3-4 p.m. • Our community drum circle is a noisy and fun, family-friendly event, where people come together in order to share their spirit by entertaining rhymthically as a percussion ensemble. Everyone who comes and participates has something to offer the circle, and anyone is welcome. Free. Call 925-1904; curtisglatter2006@yahoo.com.

Drum 4 Wellness Circle with Don Allen • Feb. 5, Mar. 5, April 2; 7:30-9 p.m. • Facilitated community drum circle. Bring your own or use a drum provided. $5 suggested donation. Call 480-1219; don@drum4wellness.net or interfaithspirit.org.

Drum 4 Wellness Community Drumming Circle with Don Allen • Jan. 21, Feb. 18, Mar. 18, April 15; 7-8:30 p.m. • A facilitated drum circle using the power of group drumming to build community cohesion, empower individual expression, and create strong support networks. Creativity is enhanced, spiritual connection is increased. Self-awareness in positive ways is experienced. There is no experience necessary, absolutely anyone can participate. Extremely creative and fun. All instruments are provided or you may bring your own. $15. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Hand Drumming for Ages 13+ with Sundance through Tree of Life Cultural Arts Studio • Winter session: Jan. 10-April 2; Tuesdays, 7:30-9 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. $156 for twelve weeks. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Community Drum Jam with Tree of Life Cultural Arts Studio • Jan. 28, Feb. 25, Mar. 25, April 22; 8-11 p.m. • A drum circle for all! Feel the pulse at Tree of Life while we build community through rhythm, song, and dance. Cafe Touba will be open. Enjoy an organic coffee drink, smoothie, fresh juice or tea. All ages welcome. Free. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Enneagram

Enneagram Study Group with Ronda Pretzlaff Diegel and Jo Ann Weber • Feb. 22, Mar. 22, April 26; 6:45-8:45 p.m. • Each meeting explores a different Enneagram personality type with meditation, a panel interview in the narrative tradition, and community building. $10. Call Ronda at 248-730-0597; drrondadiegel@comcast.net or drrondadiegel.com.

Monthly Enneagram Study Group with Su Hansen • Jan. 24, Feb. 28, Mar. 28, April 25; 7:15-8:45 p.m. • In this drop-in group, we will explore different aspects of the Enneagram and how they affect each type. There will be an opportunity to work on understanding how your personality type is working in your life as well as how to relax its hold on you. Content determined by the needs and desires of the participants. $15 each. Call 417-8397; su@enneagramcenterofannarbor.com.

Why Learn about the Enneagram with Su Hansen • Jan. 19, 7:15-8:45 p.m. at Crazy Wisdom Community Room • Learn how knowing about the Enneagram can provide you with a deeper knowledge and understanding of yourself and those around you. Find out how it can enhance your personal and spiritual growth practices as well as your relationships. Free. Call 417-8397; su@enneagramcenterofannarbor.com.

Enneagram: Introduction and Search for Type with Su Hansen • Feb. 19; 12:30-4:30 p.m. • Learn about this ancient dynamic personality system that describes nine distinct, interrelated patterns of attention, thought, motivation, and behavior. Search for your type, learn how it affects your life, and how you can free your energy as well as find more compassion for yourself and others. $40. Call 417-8397; su@enneagramcenterofannarbor.com.

The Enneagram and Inner Observer: Where Neuroscience, the Enneagram, and Spiritual Practice Meet with Helen Palmer • Mar. 19 and 20, 9 a.m.-5 p.m. each day • This workshop explores the Enneagram, a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling, and acting. Each of the nine types has its own precise path to psychological and spiritual freedom. All nine paths of development are aided by the "inner observer", an aspect of consciousness now affirmed by recent studies in neuroscience. $200. Call Ronda at 248-730-0597; drrondadiegel@comcast.net or drrondadiegel.com.

Exercise & Fitness

Pilates with Nance Scott • Thursdays, Jan. 13-Feb. 17; 9:15-10:15 a.m. • This class focuses on core strength and alignment as it relates to full body movement. The exercises will help create physical balance through body awareness, focused breathing, and dynamic movement. Each exercise is designed to help your body become leaner and stronger. All fitness levels welcome. $36 for six weeks or $8 drop-in. Call 517-414-8547; essentialenergies1@sbcglobal.net or essentialenergies.org.

Exhibits

Art Exhibitions at the University of Michigan Museum of Art • Free with $5 suggested donation. For more information, call 764-0395; srieke@umma.umich.edu or umma.umich.edu.
Simon Dybbroe Moller through Feb. 13
Out of the Ordinary: Selections from the Bohlen Wood Art and Fusfeld Folk Art Collections through June 26
Mai-Thu Perret: An Ideal for Living through Mar. 13
Photoformance: An Empathic Environment • Mar. 5-April 3
Life in Ceramics: Five Contemporary Korean Artists • April 2-June 26

Film

Conscious Movie Nights with Rev. Lela Iduna • Monthly, Jan.-April • These movie nights provide a way for people to talk about inspiring movies on a deeper level and how they affect our lives, our attitudes, our perceptions. Movies will include Beyond Belief, Nuclear Tipping Point, and End of the Line. Free. For dates and times, call 363-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.
Jan. 7 • Ann Arbor Film Festival Screening Salon hosted by Donald Harrison • Come join us for a private screening salon of short films that have been submitted for the 2011 Ann Arbor Film Festival.
Mar. 25 • The Night of the Hunter hosted by John Moran
April 29 • Mystic Tibet: An Outer, Inner, and Secret Pilgrimage hosted by John Schramm

Conscious Cinema: Free Movie Night with Members of Body-Mind-Spirit Family • Jan. 28, Feb. 25, Mar. 25, April 22; 7-9 p.m. • Join us for an engaging evening of movies and conversation. We will watch uplifting, insightful, and intriguing movies that make us think, feel, and share. All are welcome! Free. Call 678-4523; bmswc.com.

Green Living

Green Cleaning Friendly for Pets, People, and the Planet with Bronwen Gates at WCC • Mar. 24, 6-8:55 p.m. • Discover how feasible and economical it is to clean your home this spring using non-toxic products made with essential oils and other natural ingredients. Make samples to take home. $25. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Introduction to Natural Building and Sustainable Living with Deanne Bednar • Jan. 15, 11 a.m.-3 p.m. • Tour the thatched Strawbale Studio and see the winter greenhouse, rocket stove, earth oven, and more. Have a warm lunch, then watch a video on strawbale construction. Learn about sustainable living classes and volunteer opportunities. $30 or $25 prepaid. Call 248-628-1887; ecoartdb@gmail.com or strawbale.pbworks.com.

Healing

The Accelerated Healer Development Program with Eve Wilson • Alternate Thursdays beginning Jan. 20, 7-10 p.m. • Legal healer practitioner certification. Work with ascended masters, etheric surgeons, archangels, Qabalah, and identify and treat root cause of disease of body, emotion, mind, and spirit. Auras, soul contracts, DNA, ascension, people, and pets. $2,900 with payment discounts offered includes five private healings and materials. Contact eve@spiritualhealers.com or spiritualhealers.com.

Introduction to the Spiritual Healing Work of Eve Wilson • Jan. 4, 7-9 p.m. at Crazy Wisdom Community Room • Learn about healing for body, emotion, mind, spirit, relationships, heredity, children, pets, and the planet. (See above description.) Free. Call 780-7635 eve@spiritualhealers.com or spiritualhealers.com.

Candlelight Meditation and Healing with Lighthouse Center • Sundays: 5-6:15 p.m. until Daylight Savings Time begins, then 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com or lighthousecenterinc.org.

Healing Circle at Deep Spring • Tuesdays, Noon-1 • We'll sit together, then offer or receive the loving touch of health and wholeness. Please come whenever you can or join us at that time in Spirit from wherever you are. Also, let us know of your wellness concerns and we will "call you in" and hold you in the light at our group's gathering. Donations accepted. Call 477-5848; info@deepspring.org or deepspring.org.

Intro to Pranic Healing with Dave and Pat Krajovic • Feb. 9, 7-8 p.m. • This presentation of pranic healing involves vibrational medicine and conscious breathing. By donation. Call 734-416-5200; info@bodyworkshealingcenter.com.

Pranic Healing Circle with Dave and Pat Krajovic • Third Wednesday of each month, 7-8 p.m. • Dissolve and disintegrate dirty and blocked energy. Pranic healing is effective with many illnesses and diseases. Other Pranic healing practitioners welcome. By donation. Call 734-416-5200; info@bodyworkshealingcenter.com.

Herbs, Plants & the Garden

Medicinal Herbs with Jennifer Beard • Jan. 15, 5-7 p.m. • Learn how to use herbs to ease symptoms of colds, anxiety, stress, diabetes, and many other everyday issues, plus how to use herbs in prevention of more serious conditions. $30. Call 734-416-5200; info@bodyworkshealingcenter.com.

The Crazy Wisdom Calendar

Herbs, Plants & the Garden (continued)

Plant Spirit Journey with Carol Gallentine • Feb. 5, 11 a.m.-4 p.m. • This class is an introduction to the plant spirit world, using journeying, writing, movement, and working with essential oils, interspersed with conversations covering frankincense, sweetgrass, mugwort, juniper, lavender, and a couple of surprise plants. $60 includes lunch. Call 517-796-8060; bodylinks2@aol.com; essentialenergies.org.

Herbs for Stamina and Endurance with Bronwen Gates • Feb. 22, 6-7:25 p.m. • Learn about several adaptogens that have the amazing capacity to bring balance and help you thrive even in the midst of stress. $15. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Ritual Use of Herbs with Linda Diane Feldt at Crazy Wisdom Community Room sponsored by People's Food Co-op • Jan. 27, 7-8:30 p.m. • With an emphasis on creating harmony and balance, we'll explore the historical use as well as practical, more modern uses of both local and exotic herbs and other plants. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

Herbal Allies for Menopausal Symptoms Large and Small with Linda Diane Feldt at Crazy Wisdom Community Room sponsored by People's Food Co-op • Feb. 24, 7-8:30 p.m. • Menopause is natural, but some of the symptoms can be annoying or create major obstacles to enjoying life. There are herbs to support every system, symptom, and concern. Also learn when further action may be important. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

Herbs and Wild Foods that Benefit the Heart and Prevent Cancer with Linda Diane Feldt at Crazy Wisdom Community Room sponsored by People's Food Co-op • Mar. 24, 7-8:30 p.m. • There are many plants that are superstars when it comes to preventing cancer and heart disease. Learn what local plants can be found, how to use them, and some of the evidence for their use. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

Preserving Plants and Herbs with Linda Diane Feldt at Crazy Wisdom Community Room sponsored by People's Food Co-op • April 28, 7-8:30 p.m. • Learn what to preserve, when, and how. We will discuss the use of tinctures, salves, freezing, drying, canning, and more, and how these processes affect nutritional content. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

History

Life in the Middle Ages with Barony of Cynnabar of the Society for Creative Anachronism • Sundays, Noon-4 p.m .• Learn about the singing, dancing, clothing, arts and sciences, fencing, and martial arts of the Middle Ages and Renaissance. Free. Contact Lady Amyon at chatelaine@cynnabar.org or cynnabar.org.

Holistic Health

10 Day Master Cleanse with Craig Parian • Jan. 13-23 • Rid your body of toxins and create a healthy cellular environment for optimum functioning. You will experience better digestion, assimilation of nutrients and elimination, increased mental clarity, more energy, heightened awareness, and a deep sense of balance, peace, and well being. $300 includes book and starting material, four group meetings, and two 60-minute Evolving Shiatsu sessions. Call 424-1192; cjparian@charter.net or evolvingshiatsu.com.

Sunday Afternoon Chats with Gail Wyckhouse • Sundays, 2-4 p.m. • $20 each class includes healthy snack and class materials. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.
Jan. 9 • Starting Anew • Why not start this year with new energy routines? Learn how we destroy the delicate balance of the ecosystem that exists within our bodies. Find out about the friendly creatures that reside in our digestive tract and how you can strengthen and restore your inner ecology effecting your health, immune, and energy systems.
Feb. 13 • Are You Getting Enough Sleep? • What happens when you don't get enough sleep? Can you make up for lost sleep during the week or on weekends? How does sleep change when we get older? Is snoring a problem? Find the answers to sleep and why it is necessary.
Mar. 13 • Men's Health • If you like most men, you know there are certain steps you could be taking to live a better life. You've probably tried self help, dieting, exercise, men's groups or online dating in hopes that it would make your life better. Sometimes you may wonder what you can do to finally like the person you see in the mirror, and meet other people who respect you for who you are.
April 10 • Escape the Matrix • Most people now realize that they live in the matrix. What most people don't realize is that the matrix lives in them. Whenever we permit soda, candy bars, junk food, and cigarettes to enter our bodies, we're letting the energies and vibrations of corporations, factories, offices, CEOs, and executives into our very being.

Wellness Superheroes: CoQ10, Magnesium, Omega-3 Oil, Vitamin D with Sandy Baumann • Mar. 14, 6-8:25 p.m. • Discover the secret superheroes that are revolutionizing healthcare and unleash the power of these mighty supplements. $29. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Desperately Seeking Snoozing: Sleep Well at Last! with Sandy Baumann • April 4 and 11, 6-7:55 p.m. • Learn simple ways to promote improved sleep without drugs. $39. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Intensive Health Retreat at Rudolf Steiner Health Center • Feb. 7-19 or May 9-21 • This retreat is designed for ambulatory individuals with chronic illnesses or anyone seeking a restorative regimen. A unique feature of these therapeutic sessions is the availability of anthroposophical therapies: therapeutic eurythmy, speech formation, art therapy, color-light, music, rhythmical massage, therapeutic baths, and nursing therapies. Cost varies. Call Sara McMullen-Laird at 663-4365; info@steinerhealth.org or steinerhealth.org.

Homeopathy

Basic Homeopathy for Better Health with Karen Caruso • Mar. 1, 6:30-7:30 p.m. • Homeopathy has been used around the world for centuries to help the body come back into balance and to safely prevent and improve many common health ailments, including the flu. Come join this informative class to learn what basic homeopathic remedies you may want to have on hand to help you safely improve your and your family's health. $15. Call 734-216-5200; info@bodyworkshealingcenter.com.

The Homeopathic Kit Class: What It Is and How to Use It with Mary Tillinghast • Jan. 15, 2-4 p.m.; Jan. 24, 7:30-9:30 p.m.; Feb. 5, 2-4 p.m.; Feb. 15, 7:30-9:30 p.m.; Mar. 5, 2-4 p.m.; Mar. 16, 7:30-9:30 p.m.; Mar. 28, 7:30-9:30 p.m.; April 9, 2-4 p.m.; April 14, 7:30-9:30 p.m. • This class is a practical class that teaches you how to use homeopathic remedies for yourself and loved ones. The class briefly touches on the history and theory of homeopathy, then covers choosing remedies for colds, coughs, and sore throats, headaches, minor infections, skin conditions, fevers, stomach problems, minor injuries, and colic and teething for infants. $55 (couples may attend for one fee). Call 973-8990; castleremedies@gmail.com or castleremedies.com.

Hypnosis

Creating the Extraordinary in 2011 with Irv Wells • Jan. 6, 20 and Feb. 3, 17; 6-8:30 p.m. • This is a series of four hypnosis sessions designed to address the causative issues resolving critical areas contributing to excessive stress. Sessions will focus on personal responsibility, unconditional love of self, and allowing personal creation of your life experience. $175. Call 517-745-5701; irvwells@gmail.com or essentialenergies.org.

Tools for Change: An Introduction to Hypnosis with Christine Allyson • Feb. 7, Mar. 7, April 4 • People resist change, and yet it is the only constant in life. 90% of what we do is done subconsciously. Hypnosis is about aligning the 10% of what we do consciously with the other 90%. Learn how to replace the fear of change with the love of growth. $15. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Intuitive & Psychic Development

First Annual Spring Equinox Craft and Psychic Faire at Crazy Wisdom Bookstore • Saturday, Mar. 19; 11 a.m.-4 p.m. • Come to Crazy Wisdom to help us celebrate the arrival of Spring! Shop directly from local artisans in our Community Room Artisan Market upstairs, and receive a psychic and/or tarot reading from local intuitives set up throughout the store. For more information, contact Sarah at sarah@crazywisdom.net or Carol at carol@crazywisdom.net or phone Crazy Wisdom Bookstore at 665-2757; crazywisdom.net.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Fridays of each month, 7-10 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary. Call 717-8513 or mpfox@umich.edu.

Local Space Astrology – Aligning your Home and Work Space to your Energy

By Nancy Bahlman

Have you ever wondered why a person is drawn to one room in a house and not another, or why a person chooses a particular seat in a room? The energetic connection indicated in a person's Local Space astrological chart can answer these questions.

A Local Space (LS) chart shows your relationship to the area or building in which you live or work. It is calculated using your birth data—date, time and place — as is a standard birth (natal) chart. However, the LS chart is based on where you currently live or work, not where you were born.

An LS chart shows the exact degrees of the planets around a 360-degree wheel but without house cusps and signs. Instead, the planets are aligned by compass direction (north, south, east or west), as are maps. Lines are drawn through the wheel's center to the planet's location, so that the planetary placements become directional pointers.

Once you have your LS chart, it can be copied onto a transparency and placed over a floor plan of a house or office. Place the center of the chart over the center of the building and align them both directionally. To illustrate, included with this article is a copy of the layout of my home with my LS chart super-imposed over the floor plan. The chart shows the planets' locations in relationship to the building, and, therefore, the energy/function/activity associated with the planets that would flourish in those locations.

For example, the Moon in a person's chart relates to food, cooking, and nurturing; so it would make sense that the cook's Moon line would align with the kitchen. The Sun relates to performing, self-expression, and visibility—where a person "shines"; so the Sun area might align with a person's special chair, study, or area where one would practice a talent.

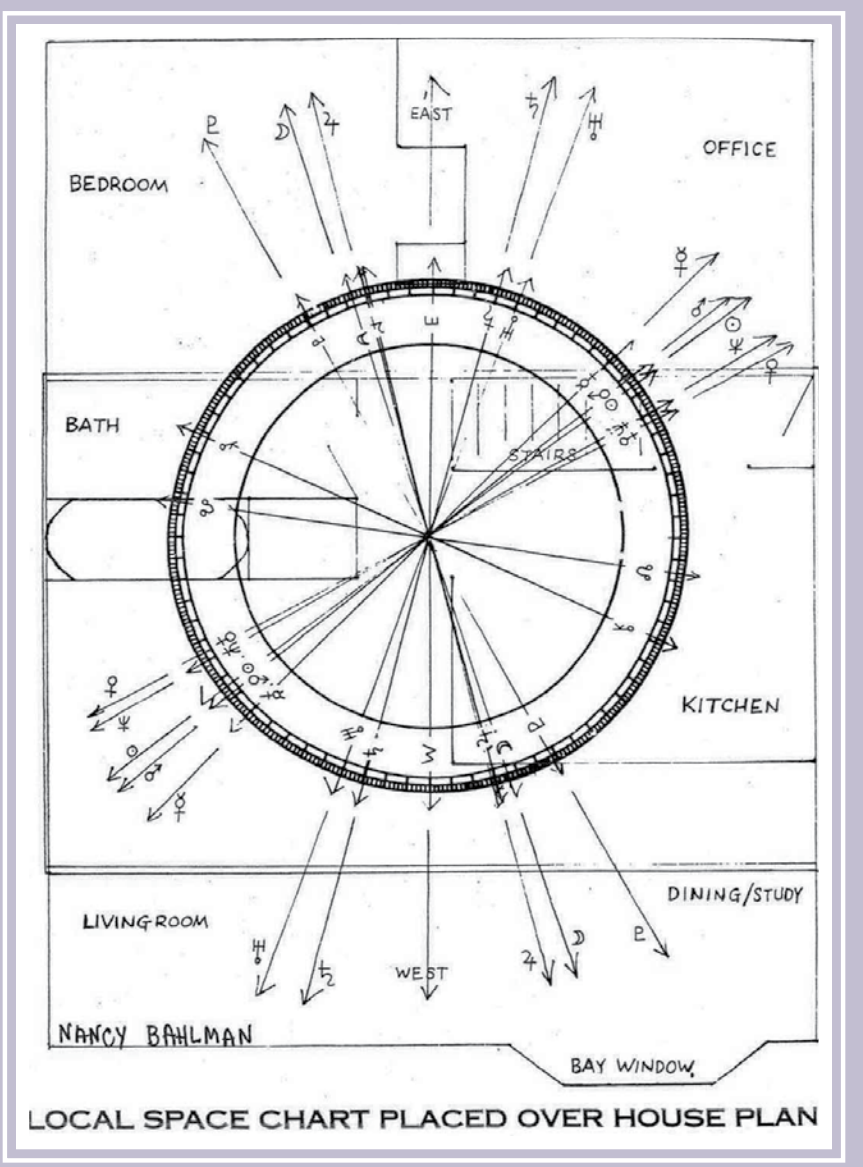
> **"The Moon in a person's (local space astrology) chart relates to food, cooking, and nurturing; so it would make sense that the cook's Moon line would align with the kitchen."**

In addition to the Moon and Sun, there are eight planets in any astrological chart. Each of these also relates to particular energies or functions:

- Mercury relates to information, writing, speaking, learning, and working with hands; so the Mercury line would be a good area for a phone, desk, or office, as well as where a massage therapist could work on clients.
- Venus is the social planet and relates to beauty, culture, and comfort; so the Venus line would be an area to entertain friends, put on makeup, or work on crafts.
- Mars is the planet of energy, exercise, and working with tools; so the Mars line would be an effective area for your exercise equipment or work bench.
- Jupiter is the planet of fun, nature, pets, education, religion, and public relations; so the Jupiter line would be a place for games, pets, prayer or developing marketing campaigns.
- Saturn is the planet of career, organizing, and management; so the Saturn area would be perfect for an office or place for planning, keeping files, and completing tasks.
- Uranus is the planet of friends and associates as well as technology and electronics; so the Uranus line is a place for the computer and other electronic equipment.
- Neptune is the planet of intuition, sleep, meditation, music, and creative writing; so you could happily pursue any of these activities on the Neptune line.
- Pluto is the planet of control, passion, and elimination and so relates to research, therapy, and sex, as well as being a good location for garbage or toilets.

The LS chart also can be used to determine the energy in an individual room. Find the center of the room on a floor plan and then place the center of the LS chart over it. Several years ago, a psychic development group was meeting in the living room of my home. I noticed that each person chose the same seat each week. I ran the LS charts for all of the participants and found that they were each instinctively sitting on their Neptune (meditation) line!

LS charts also can be placed on a map of one's city or county. Planetary lines in the LS chart can be extended beyond the house to the surrounding area, to assist in choosing a gym, grocery store, bank, etc., based on the directional energy of the planets in your chart.



LOCAL SPACE CHART PLACED OVER HOUSE PLAN

An LS chart can also be created for a business, in order to energetically choose the best locations of various business functions within the building.

I'm often asked if Local Space is the same as Feng Shui, and the answer is "no," but both can enhance the energetic use of space. Feng Shui deals with characteristics of the compass directions, while Local Space focuses on the functions of the planets.

> **"The Sun relates to performing, self-expression, and visibility—where a person "shines"; so the Sun area might align with a person's special chair, study, or area where one would practice a talent."**

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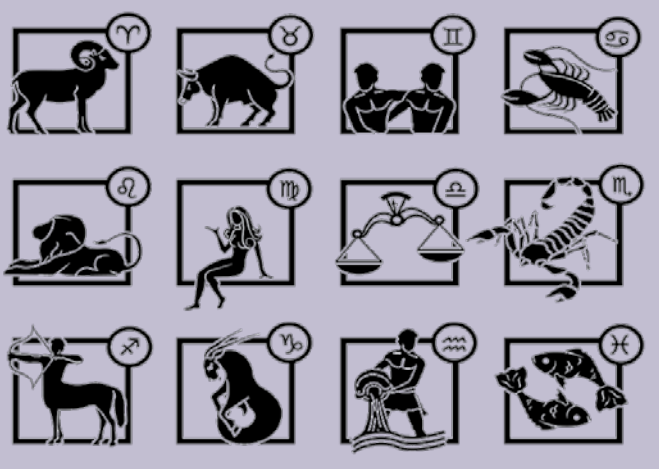
*Nancy Bahlman is a member of the Southeast Michigan Astrologers' Round Table (SMART). Their talks and events can be found in the Astrology category of the Calendar section. Bahlman is a professional astrologer certified in Astro*Cartography and specializing in Local Space charts, as well as in career, business, relationships and electional astrology (choosing dates and timing). She may be reached at (248) 546-5407 or chartmates@wowway.com.*



The Crazy Wisdom Calendar

Intuitive & Psychic Development (continued)

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. $1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Amy Garber in the Crazy Wisdom Tea Room • First and Third Saturdays, 7-10:30 p.m. • Amy is a medium, psychic, and channel who aids you on your path by consulting with your spirit guides, illuminating past lives, and connecting with loved ones who have passed on, as appropriate. Clients may receive homework to aid them with life lessons and to practice accessing their own guidance. $1 per minute. No appointment necessary. Call 358-0218; metafizzy@gmail.com.

> It is our choices...that show what we truly are, far more than our abilities.
>
> - J. K. Rowling

Psychic Development 1 with Deb Foggio • Four-week series: Jan. 13-Feb. 3, 7-9 p.m. • Students are guided through the process of connecting with and developing their psychic ability. The class helps awaken your awareness, then stimulates psychic development by teaching the fundamentals required to develop and use this skill in everyday life and more. No experience necessary. $125. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development 2 with Deb Foggio • Four-week series: Feb. 10-Mar. 3, 7-9 p.m. • Students are guided through the process of connecting with and developing their psychic ability. More in-depth experiential study of psychic phenomenon and processes. Learn how you can use it in everyday life or to further enhance spiritual growth. $125. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Advanced Psychic Development with Deb Foggio • Six-week series: Mar. 10-April 14, 7-9 p.m. • Students who have embraced their psychic gifts are guided through the process of experiencing their abilities on a deeper, more spiritual plane. The class will focus on more in-depth, experiential study of psychic phenomenon and processes. Learn how to access your abilities on multiple levels. $160. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Get Intuit with Shala Kilmer • Eight Tuesdays beginning Mar. 29, 6:30-9 p.m. • Have you wondered why your intuition works so well sometimes and not so well in situations where you really need it? This class will introduce many techniques for tapping in. The results are immediate. $295. Call 248-258-8287; IntuitionPath.com.

Heart Based Intuitive Development with Melanie Fuscaldo • Jan. 18, Noon-1:30 • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career path. $10. Contact melaniefuscaldo.com.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Feb. 7, 14, 21, 28; 6-9 p.m. • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy yet powerful techniques from which the other foundation classes build upon. These techniques help us find our own psychic energy, clear blockages, and repair our chakras and aura. This is a basic class in John Friedlander's system. $175. Call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Mar. 19, 9-6 p.m. and Nov. 20, 9-3 p.m. • We will explore how desires and ideas come to fuel specific outcomes so as to better direct our energies toward more pleasant, wiser outcomes. There are two basics components to the creation of an event through our aura. They are: 1. how much of the space in a person's aura is conditioned or colored by 2. a particular intensity of emotion given shape and direction by his or her ideas and spiritual will. We then develop specific ways to open our space and find our true spiritual impulses, our authentic desires and ideas. $225. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Teleconference Focused Meditation Practice Sessions with John Friedlander • Jan. 2, 30, Mar. 6, April 3; 10-Noon EST • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. Prerequisite: Spring Intensive or Focused Meditation Class. $15. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Spring Intensive 2011 with John Friedlander • April 15, 7-9 p.m.; April 16, 9-6 p.m.; April 17, 9-3 p.m. • Twice yearly, we have seminars in which we use a combination of channeled energy, the seminar group's energy, and dedicated time to leap forward in our spiritual practice. These intensives are designed and led by guides John channels and they explore topics outside of our core curriculum. John believes we will continue to explore the etheric chakras, the nature of uses of kundalini, and the personal aura. $275 with early registration discounts offered. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Kabbalah

Practical Application of Kabbalah: Transformational Year-long Journey through the Tree of Life with Karen Greenberg • Once monthly beginning Jan. 24, 6:30-9:30 p.m.; Jan. 25, 6:30-9:30 p.m.; Jan. 28, 10:30 a.m.-1:30 p.m. or Feb. 23; 6:30-9:30 p.m. • Learn how to identify your soul's purpose and how to support yourself living it. Learn how to develop a personal relationship with the creator/higher power; how to identify and clear low-vibrational emotions, limiting thoughts, beliefs, and patterns; how to work towards optimal health and relationships; and how to organize your life and living conditions. $99 per month. Call 417-9511.

Kundalini

Etheric and Kundalini Energy with John Friedlander • Feb. 12, 9-6 p.m.; Feb. 13, 9-3 p.m. • The next in a series of classes exploring the etheric energy levels and the nature and uses of kundalini energy. Focus on the etheric chakras promotes etheric clairvoyance and healing skills for the etheric plane. Exploring new levels, kundalini becomes a far more flexible and powerful tool to engage, not just transcend, everyday issues of personal growth, health, intimacy, and prosperity. $250 with early registration discount offered. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Love & Relationships

Happily Ever After...? TV Tapings with A2YP.TV and Dark Elf Entertainment • Feb. 3, 17, Mar. 3, 17, 31, April 14, 28; 3-5 p.m. at Crazy Wisdom Community Room • Washtenaw County-based internet TV station A2YP.TV will be taping episodes of its new TV series Happily Ever After...? This series focuses on couples who have been married more than ten years discussing the lessons they have learned and experiences they have shared during the journey to reach this milestone. Couples interested in participation can call Tony Dixon at 372-4058; contact@darkelfentertainment.com or http://www.A2YP.TV.

Committed: Can We Stay? How Do We Wish to Grow?: A Retreat for Married Couples with Patricia Rennie and Jim Kiefer at Weber Center • Feb. 25, 7:30 p.m.-Feb. 26, 4 p.m. • Together, we will reflect on married life: the hopes, hurts, healings, and heart it involves. In the context of prayer, honesty, and openness, we will explore what sustains this significant and sacred covenant. $250 per couple; $125 commuter per couple. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Couples Massage Workshop with Carol Gallentine • Feb. 11, 7-9 p.m. • Enhance your relationship by connecting with your partner through touch. $35 with early registration discount offered. Call 517-796-8060; bodylinks2@aol.com or essentialenergies.org.

Creating Your Ideal Mate with Karen Greenberg • Mar. 9 or April 6, 6-10 p.m. • Identify your ideal mate's destined characteristics. Learn specific ceremonies and techniques to facilitate creating your ideal mate. $65. Call 417-9511.

Wazoga for Couples with Matthew Raphael and Sarah Steven • Feb. 12, 5:30-8:30 p.m.; Feb. 14, 1:30-4:30 p.m. and 5-8 p.m. at Crazy Wisdom Community Room • Learn Wazoga with your partner. Release your inhibitions and illiopsaos, too. Space is limited. For cost, call Sarah at 313-687-9227; hhccreate@yahoo.com.

> If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 98.

Amends Making and Forgiveness: Why It's So Important with Carole Kirby • Feb. 20, 2-4:30 p.m. at Crazy Wisdom Community Room • Human beings hurt each other inadvertently in big and small ways. When there has been any degree of wrongdoing or non-loving action, from the slightest hurtful comment to a more serious betrayal, the relationship is jeopardized. Making amends is about the restoration of goodwill and connection. Come learn about the amazing capacity we have to develop compassion for ourselves and others and, in turn, to be able to forgive others who have hurt and disappointed us. Everyone welcome. Free, but pre-registration is required. Contact carole777@aol.com or therapy4couples.com.

Boundaries of the Self: Why Do We Need Them? When Do We Need Them? with Carole Kirby • April 3, 2-4:30 p.m. at Crazy Wisdom Community Room • Our boundary is the invisible protective screen that develops around the self to hold our developing self intact as children. With clearly defined boundaries, we know our own throughts and feelings and are able to interpret and regulate our interactions with our world. Boundaries can become blurred through boundary invasion or neglect. Learn ways to strengthen and regulate your boundaries. Everyone welcome. Free, but pre-registration is required. Contact carole777@aol.com or therapy4couples.com.

Massage

Drop-In Chair Massage with Mary Ledvina • Second and Fourth Saturdays of each month, 2-5 p.m. on the Second Floor of Crazy Wisdom Bookstore • Walk in, relax, and restore with a chair massage and/or energy work from Mary Ledvina. She has studied Massage, Cranialsacral, and Shiatsu. Mary's intention is to develop each session based on what you need in the moment. $1 per minute. No appointment necessary. Call 646-9161; maryledvina@earthlink.net.

Bellanina's Facelift Massage Seminar with Nina Howard • Jan. 17-19 or April 18-20, 9 a.m.-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. $995 includes professional treatment kit. Call 747-7661; operations@bellanina.com or bellaninainstitute.com.

Bellanina's Facelift Massage Teachers Training with Nina Howard • April 19-23, 9 a.m.-5 p.m. • For graduates of Belavi/Bellanina Facelift Massage seminars. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call 747-7661; operations@bellanina.com or bellaninainstitute.com.

Massage Therapy Program Informational Orientation at the Ann Arbor Institute of Massage Therapy with Sara Martens • Jan. 5, 6-7:30 p.m.; Jan. 21, 10-11:30 a.m.; Feb. 2, 6-7:30 p.m.; Feb. 10, 10-11:30 a.m.; April 13, 10-11:30 a.m. • Are you interested in a massage therapy career but do not know where to start? Are you confused by all the different massage programs out there? Do you have questions about our school and what we have to offer you? Would you like to know how we compare to other area schools? If so, join us for our informal orientation! AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The 800-Hour Massage Therapy program beginning Feb. 23 is a year-long program with classes 9 a.m.-12:30 p.m. or 6-9:30 p.m. It includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. Classes qualify for CE credits. Free Orientation. $75 application and registration fee. For complete costs and more information, call 677-4430; info@aaimt.edu or aaimt.edu.

> Kindness in words creates confidence.
> Kindness in thinking creates profoundness.
> Kindness in giving creates love.
>
> - Lao-Tzu

Raindrop Therapy with Cynthia Haas • Feb. 6, 10 a.m.-2 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body - physically, mentally, and emotionally. The oils for a raindrop therapy session are included. No lunch break. $115. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Table Thai Massage with Jennifer Giacomelli • April 23, 10-3 p.m. • In this one-day intensive, practitioners will learn how to utilize Thai Massage techniques on the table. While traditional Thai Yoga Massage is performed on a mat, this class has been adapted to suit clients unable to receive bodywork on a mat and is an excellent alternative for the giver who loves the concepts and techniques of Thai Massage, but prefers to work on a table. Wear loose clothing. $130. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Professional Ethics for Cont-Ed with Christia West • Mar. 6, 9-4 p.m. • This workshop is open only to massage therapists. Professional ethics are critical in our ever changing, demanding profession. It is an exciting subject to study because, at its core, it is the study of human behavior and values. Join us for a dynamic workshop that will hone your communication skills, build your confidence, and help you make better decisions regarding your professional practice. $110. Call 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger • Jan. 7-9, 9-5 p.m. • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. It provides complete and effective relief from chronic pain and tension. Treatment of shoulder, arm, and hand, and lower leg and foot. $350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger • Jan. 21-23, 9-5 p.m. • Treatment of abdomen, head, TMJ, medial, and anterior thigh. $350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Spa Therapies with Jocelyn Granger • Feb. 5, 9-5 p.m. • Open only to massage therapists, we will learn to do therapeutic bodywraps and spa facials. These are therapies that do not require a bathtub or shower and can be added to a therapist's repertoire easily to earn additional income. This is easy, soothing work that increases a client's opportunity to purchase more services. We will learn about various products used to re-mineralize or detox the body. For the face, we will discuss firming, soothing, and adding nutrition. $250 includes product. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Seated Massage with Christia West • Mar. 26, 9-5 p.m. • This course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Sports Massage I with Jocelyn Granger • April 30-May 1, 9-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Therapy Stones with Christy Zarek • Jan. 15-16, 9-5 p.m. • Learn how to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Expand your knowledge with a different type of deep tissue therapy and work with alternating temperatures as a tool. Students will also learn to clean and care for their stones. Stones (hot and cold) and warming equipment will be needed at an additional cost. $330. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Meditation

Mastering Meditation with Kapila Castoldi • Jan. 22, 29, Feb. 5; 1-3 p.m. at Crazy Wisdom Community Room • Introductory meditation series explores various techniques for entering the meditative state, including exercises in concentration, relaxation, chanting, and visualization techniques, cultivating self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or srichinmoycentre.org.

Ann Arbor Open Meditation at Lotus Center • Thursdays, 7:30-8:30 p.m. • Weekly meditation sittings, primarily mindfulness with some loving kindness, open to all at any level of experience. Format is two 20-minute sittings (one guided, one silent), with a brief break. Donations welcome. Call Libby at 426-3070; libbyrobinson7@gmail.com.

Mindfulness-Based Stress Reduction Class with Libby Robinson • Eight-week class beginning in Jan. and April • An accessible and secular meditation class develop by Jon Kabat-Zinn that fosters moment-to-moment mindfulness. A significant body of research has shown MBSR to be helpful with stress, chronic pain, anxiety, depression, and ordinary human suffering. Participants will receive cds with guided meditations and handouts. $350. Call 476-3070; libbyrobinson7@gmail.com.

Easter Pure Meditation Gathering with Self Realization Meditation Healing Centre • April 24, 10:15 a.m. • We warmly welcome you to join us to share in song-chants, inspired thoughts, and Mata Yoganandaji's blessing, followed by silent meditation for as long as you wish. Free. Reserve lunch for $9.54. Call 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Guided Meditation with Connie Humphreys • Tuesdays, Noon-1 p.m. • A 30-minute relaxation meditation inspired by a higher power. The class is drop-in and ongoing. Donations welcome. Call 517-796-2082; essentialenergies1@sbcglobal.net or essentialenergies.org.

Introduction to Meditation Workshop with Deep Spring Center • Three sessions beginning in Jan., Mar. 5, May 7 • An introduction to insight meditation. No experience necessary. Wear comfortable clothes. Cushions and chairs provided. For dates and times, call 477-5848; info@deepspring.org or deepspring.org.

The Crazy Wisdom Calendar

Meditation (continued)

Tuesday Morning Group Meditation with Deep Spring Center • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. Instruction is not provided. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir of Deep Spring Center • Sundays, 10-11:30 a.m. • Sunday morning sitting meditation for one hour, followed by mindful sharing. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Friday Morning Group Meditation with Deep Spring Center • Fridays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. Instruction is not provided. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Deepening Practice and Dharma Insight Level 2-3 with Barbara Brodsky and Frank Levey of Deep Spring • Jan. 26, Feb. 9, 23, Mar. 9, 23, April 6, 20, May 4, 18, June 1; 6:30-9 p.m. • The class will sit together, and then go around to each member to hear what has been happening in practice during the preceding two weeks. Questions will be addressed. Class members will have a "dharma buddy" with whom they will talk between class meetings. Teachers will likely suggest reading based on the discussion. The hope is to develop a mini-sangha for discussing and deepening practice. $70 building fee with option to donate to teachers. Call 477-5848; info@deepspring.org.

Divine Light Meditation and Creation Circle with Wise Woman Karen • Jan. 6, Feb. 3, Mar. 3, April 1; 6:30 p.m. registration; 7-8:30 p.m. gathering • This is an open event for women and men. $10. For complete description, call 810-280-2064; divinelove@comcast.net or brightonwellness.org.

Meditation and Healing Night with Jude Shepard and Christine Fodor • Jan. 12, Feb. 9, Mar. 9, April 14; 7-9 p.m. • Enjoy a guided meditation leading into silent meditation to release, rejuvenate, and heal. Benefit from the powerful healing energy of ancient Atlantean healing tools and Reiki healing energy. $10. Call Jude at 810-599-8855; jude@amiracletoday.com or brightonwellness.org.

Meditation: Theory and Practice with Hans Posselt • Mar. 7, 14, 21, 28, April 4, 11; 7-8:55 p.m. • The class discusses essential aspects of meditation and provides guidance for its practice. $99. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • Jan. 28, Feb. 25, Mar. 25, April 29 • Learn how all meditations are good and how your thoughts are an essential part of the process. Talk followed by a 20 minute meditation experience. $35, $25 students, $15 repeat. For time, call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com or lighthousecenter.inc.

Good Friday Meditation with Lighthouse Center • April 22, Noon • We will begin mantra meditation at 12:30 p.m. honoring the Christ consciousness of love and forgiveness. Veggie potluck follows. No cost; love offering. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com or lighthousecenter.inc.

Intensive Meditation at Lighthouse Center • First and Third Friday of each month, 7:30-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra energy centers. No cost. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com or lighthousecenter.inc.

Meditation for Everyday Living with Dave Krajovic • Sept. 23, 7-8:30 p.m. • Most people know that meditation has great benefit but are afraid to try it, have tried it and found it doesn't work or don't know where to start. This practical class will help you bring the benefits of meditation into your life now. Learn about the physiological benefits of meditation and its history, basic postures, breathing patterns, and pitfalls. Includes a guided meditation. $37. Call 734-416-5200; info@bodyworkshealingcenter.com.

Free Full Moon Guided Meditation from the Comfort of Your Home with Dave Krajovic • Jan. 19, Feb. 18, Mar. 20, April 18; 9-9:30 p.m. • Join us for this powerful full moon meditation via teleconference. Tap into the powerful energies to clear negativity. Raise your vibration, gain mental clarity, relax, and connect to source. The more that participate, the greater the energy and the more powerful the effect. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Guided Meditation Hour with Rev. Lela Iduna • Monthly, Jan.-April • Join us for a guided meditation to deepen your connection within. This event is free and all are welcome. For dates and times, call 363-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Meditation and Manifesting Intention with Karen Daniels • Jan. 6, Feb. 3, Mar. 3, April 7; 7 p.m. • $10. For complete description, call 810-280-2064; divinelove@comcast.net or brightonwellness.org.

Beginning Meditation with Martha Kimball • Jan. 4, 11, 18, 25; 6-7:30 p.m. • This highly researched method of quieting conditioned and habitual thought patterns leads to awareness and stress reduction. The quieting of the body and mind boosts the immune system and helps manage high blood pressure, sleep disorders, pain, and lifestyle changes. The enhanced awareness that comes with meditation supports a shift from habitual reactivity to more conscious choice. $82. Call Ronda at 998-5679; rondabarn@med.umich.edu or umcvc.org/stress.

Deepening Meditation with Martha Kimball • Wednesdays: Feb. 9-Mar. 2; 6-8 p.m. • Expands the capacity to be fully present in the moment-to-moment experience and toward greater insight into the recurring stories that keep us bound to the suffering of the mind. $107. Call Ronda at 998-5679; rondabarn@med.umich.edu or umcvc.org/stress.

Self-Healing through Meditation with Kapila Castoldi • Mar. 12, 19, 26; 1:30-3:30 p.m. • Meditation brings awareness of what is hidden deep inside us. This is the key to solve longstanding issues within ourselves, which results in happiness and better health. The class explores the basics of Ayurveda in its connection with meditation and ancient Vedic philosophy. Free. Call 994-7114; castoldi@oakland.edu or srichinmoycentre.org.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

Men's Work

The Easy Way with Linda Simran Harvey • Jan. 22, Feb. 19, Mar. 26, April 30; 11-Noon • Therapy shy, yet still want to change? Hate talking about your feelings? Don't have time for that stuff, yet you would like to move on from the past? Life healing energy for men that does not require sharing your feelings with others. $25. Call 428-0254; bluemoonastrology@yahoo.com.

Men's Group at Unity Church of Ann Arbor • Saturdays, 9-10 a.m. • Men's discussion group. Just show up. Call Sonja at 434-8545; staff@unityA2.org or unityA2org.

Drop-In Chair Massage with Mary Ledvina at Crazy Wisdom

The Second and Fourth Saturdays of each month, 2-5 p.m. on the Second Floor of Crazy Wisdom Bookstore

Walk in, relax, and restore with a chair massage and/or energy work from Mary Ledvina. She has studied Massage, Cranialsacral, and Shiatsu. Mary's intention is to develop each session based on what you need in the moment.

$1 per minute. No appointment necessary. Call 646-9161; maryledvina@earthlink.net.

Come visit

John of God

at his Healing Center in Abadiânia, Brazil

with official Casa guides:

July 30 - Aug 14, 2011 - with John Orr

January 15 - 30, 2012 - with Barbara Brodsky

www.CosmicHealingMeditation.com

Contact: John Orr: John@vipassanaHealing.com

Barbara Brodsky: Barbara@vipassanaHealing.com

The Crazy Wisdom Calendar will be posted online starting January 3, 2011, at crazywisdom.net.

Mind-Body Medicine

Mind-Body Medicine Group with Kathy Blough • Wednesdays: Mar. 2-April 20; 6-8 p.m. • Mind-body medicine is based on the inseparable connection between the mind and body - the complicated interactions that take place among thoughts, feelings, our body, and spirit. Using mind-body techniques, these groups are designed to revive the spirit and transform the body, increasing joy, physical health, and emotional well-being. $45 per group. Call 913-5404; katblough@comcast.net or spiih.com.

Music, Sound & Voice

Joanne Shenandoah with University Musical Society at Lydia Mendelssohn Theatre • Jan. 23, 4 p.m. • One of today's most revered Native American singers and songwriters, Joanne Shenandoah is a Wolf Clan member of the Iroquois Confederacy, Oneida Nation. She has performed with Kris Kristofferson and Willie Nelson and has won more Native American Awards than any other artist. Shenandoah's original composition, combined with a striking voice, enables her to embellish the ancient songs of the Iroquois using a blend of traditional and contemporary instrumentation. For tickets, call 764-2538 or 800-221-1229; ums.org.

Joy Song: Chants and Dance to Uplift the Soul with Melanie Fuscaldo • Jan. 22, Noon-1:30 • Enjoy listening to short songs, discover easy movements and meditation to playfully bypass the ego and touch the heart and soul. Appropriate for all skill levels. Learn practical strategies to decrease stress and connect with others heart to heart. $30. Contact melaniefuscaldo.com.

Cafe 704 Coffee House Concert at Interfaith Center • A live music performance series in a smoke- and alcohol-free venue with free parking held monthly. 8-10:30 p.m. with doors open at 7:30. $8 each or $15 for two. Refreshments for sale. Call 327-0270; cafe704@gmail.com or interfaithspirit.org/cafe704.html.
Jan 8 • Cairn to Cairn
Feb. 12 • TBA
Mar. 12 • Lisa Pappas
April 9 • Shekinah and Friends

Native American

38th Annual Dance for Mother Earth Powwow • April 10-11 at Saline Middle School Fieldhouse • This powwow attracts American Indian dancers, singers, and drummers from throughout the nation. Dancers ranging in age from toddlers to elders compete in several styles of dance - fancy, traditional, grass, and jingle dress - wearing traditional and contemporary regalia. Competing drum groups provide vocal and rhythmic accompaniment to the dancers as they themselves are judged. Cash prizes are awarded to winners. A variety of Native American culture is expressed through vendor exhibits of arts, crafts, music, contemporary and traditional foods, and information on social and political issues that currently challenge local, regional, and national American Indian communities. A commitment to heritage pervades the event. Participants share in opening and closing prayers, special giveaways, and a shared dedication to the spiritual aspects of American Indian cultures. For ticket information, visit http://www.umich.edu/~powwow/index.html.

New Science

Our Amazing Brain: Neuroscience's New Discoveries and the Implications for Us with Carole Kirby • Jan. 30, 2-4:30 p.m. at Crazy Wisdom Community Room • In the past 15 years, neuroscience has demonstrated the existence of neurotransmitter circuits in the brain that can be altered and redirected by our thoughts, feelings, beliefs, relationships, and external environment. Research has shown that the brain is a dynamic, connective, and socially seeking organ. Come learn about some of these new developments - mirror neurons, differences in men's and women's brains, and ways to deal with our reactivity. Everyone welcome. Free, but pre-registration is required. Contact carole777@aol.com or therapy4couples.com.

Nutrition & Food Medicine

Hunger Within with Marilyn Migliore • Mondays: Jan. 10-Mar. 28, 5:30-6:30 p.m. or Thursdays: Jan. 13-Mar. 31, Noon-1 p.m. or 5:30-6:30 p.m. • This treatment course takes the focus off food and guides participants through an intensive program unlocking the psychological barriers to permanent weight loss. This concrete, lucid, step-by-step workshop explores the core reasons for overeating, identifies the triggers that precipitate a binge, and helps break the vicious cycle of emotional eating. $325 for 12 weeks. Call Ronda at 998-5679; rondbarn@med.umich.edu or umcvc.org/hungerwithin.

Ending the War with Food with Cindy Gault and Jackie Sova • Jan. 13-Feb. 17 • This small group is based on the principles and practices outlined in Geneen Roth's book, *Women, Food, and God*. Participants will learn and get support in skills in mindfulness, identifying body signals of hunger and satisfaction, and working effectively with the inner critic. $180. For times, call Cindy at 765-3057; cgault@umich.edu.

Eating for Emotional Reasons and How to Do It Differently with Karen Greenberg • Jan. 18 or Jan. 31, 6-10 p.m. • Learn how to have intimacy with yourself rather than intimacy with your food. Learn how to embrace, rather than avoid, your emotions and to identify, feel, and express, in healthy ways, all different emotions in order to move through them. Eat nutritionally rather than overeating emotionally. $65. Call 417-9511.

Nutrition Starts at Home with Jennifer Beard • Feb. 3, 6:30-7:30 p.m. • Children learn their eating habits at home. Learn ways to improve eating habits, what to look for at the grocery store, how to get that picky eater to eat, how to eat healthy on a busy schedule, plus so much more. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Faith and Food: Sharing the Table of Plenty with Kate Walsh and Chris Matthias • Feb. 15, 7-8:30 p.m. • Since World War II, the western world has put food that is fast and cheap ahead of food that is healthy, whole, and holy. This presentation will reflect on the impact of our modern food system from slave labor production of chocolate, to hidden costs of factory farms, including genetically modified organisms, antibiotic practices, economics, and the strain on water and land. From seed exchanges and human rights, from the dust bowl and the cereal bowl, join us as we answer the call to make the table of plenty a table of justice as well. Free will offering. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Eating the Mediterranean Way: Funny Myths and Exciting Truths about the Mediterranean Diet with Yael Dolev • April 7, 6-7:55 p.m. • Discover what science knows about the benefits of the Mediterranean diet. $25. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

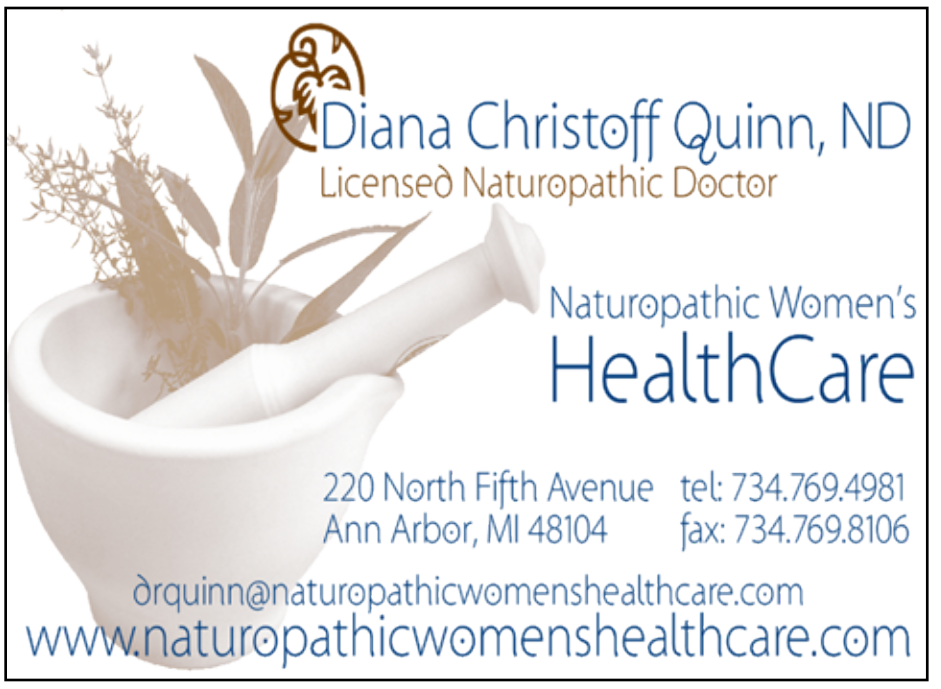
Conquer Your Cravings with Ellen Livingston at Crazy Wisdom Community Room sponsored by People's Food Co-op • Feb. 8, 7-8:30 p.m. • Learn why you crave things that are unhealthy and what you can do about it. Learn how to shift your cravings from things that harm you to things that promote vibrant health. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

We pay writers.

And, starting in 2011, we will be paying bloggers, too!

We are looking for good articles and interesting blogs about the holistic scene… reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

For more info, be in touch with bill@crazywisdom.net



The Crazy Wisdom Calendar

Nutrition & Food Medicine (continued)

Detox and Lose Weight the Safe and Healthy with Ellen Livingston at Crazy Wisdom Community Room sponsored by People's Food Co-op • Mar. 8, 7-8:30 p.m. • We will discuss how to naturally detoxify your whole body. Learn the most effective, safest, and least taxing way to "clean house". Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

The Whole Truth about Whole Grains with Ellen Livingston at Crazy Wisdom Community Room sponsored by People's Food Co-op • April 5, 7-8:30 p.m. • Learn important information that just might change your perspective about eating grains. Find out who is really supposed to eat grains, and who isn't. Free. Call Kevin at 994-4589; kevmsharp@yahoo.com or peoplesfood.coop.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Jan. 11, Feb. 8, Mar. 8, April 12; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.75 for a pot of tea with free refills. In April, the Witches' Night Out will meet in the Crazy Wisdom Community Room. For more information, call Carol at 665-2757; info@crazywisdom.net.

Parenting

Mindful Parenting with Robert Martin and Lisa Inoue • Jan. 16, 2-4:30 p.m. at Crazy Wisdom Community Room • Improve your ability to be fully present with your child and yourself through a mixture of experiential exercises and teachings related to mindfulness, attachment theory, and parenting. Increase your satisfaction, enjoyment, and well-being as a parent. Free. Call Lisa at 904-5977; inoue.lisa@gmail.com.

Mindful Parenting Group with Robert Martin and Lisa Inoue • Six Sundays beginning mid-January, 1-2:30 p.m. • This group is a didactic and experiential group for parents of children of all ages. We incorporate basic mindfulness skills along with attachment theory to assist participants in being better able to manage their reaction to their children's struggles and misbehavior and enjoy the process of parenting more. $35 or $60 couples. Sliding scale available. Call Lisa at 996-9111; inoue.lisa@gmail.com or a2consultation.com.

Thoughtful Parenting Discussion Series with Ivan Sherick • Jan. 26 • Allen Creek Preschool hosts a series of evening lectures and informal, open discussions. This evening, we will discuss helping children get a good night's sleep. Free and open to the community. For time, call Constance at 358-7063; ccolthorp@enlighten.com or allencreek.org.

Cognitive Development in Preschoolers: Promoting How They Think, Understand, and Learn with Linda Kreger • Mar. 9 • Thoughtful parenting is an active stance toward parenting, empowering parents to be the kinds of parents they want to be. This discussion series helps parents articulate their own values in childrearing and move toward actualizing those values, toward agency and joy in raising children. Free. For time, call Constance at 358-7063; ccolthorp@enlighten.com or allencreek.org.

Conscience Development in Early Childhood with Carol Austad • April 14, 8-9 p.m. • Free. For description, call Constance at 358-7063; ccolthorp@enlighten.com or allencreek.org.

Rudolf Steiner School of Ann Arbor K-12 Open House • Jan. 23, 2-4 p.m. • Join us at the Lower School Campus and the High School Campus to learn more about the Waldorf curriculum and our school from teachers, administrators, parents, and students. Free. Call the Lower School at 995-4141 or the High School at 669-9394; info@steinerschool.org or steinerschool.org.

Rudolf Steiner School of Ann Arbor Early Childhood Open House • Mar. 6, 2-4 p.m. • Join us at the Lower School Campus to learn more about the Waldorf curriculum and our early childhood program from teachers, administrators, parents, and students. Free. Call the Lower School at 995-4141 or the High School at 669-9394; info@steinerschool.org or steinerschool.org.

Happiest Baby on the Block with Dawn Blackburn of My Urban Toddler • Jan. 18, Feb. 15, Mar. 15; 6-7:30 p.m. • Provides parents or parents-to-be a step-by-step approach to help infants sleep longer and soothe even the fussiest baby in just minutes. $39. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Jocelyn Granger is the founder and director of the Ann Arbor Institute of Massage Therapy. Over 850 students have graduated from the AAIMT over the last 17 years. Her new textbook, *Neuromuscular Therapy Manual*, has just been published, and it's available at the Institute.

Living with a Strong Willed Child with Nanette Glencer of My Urban Toddler • Jan. 20, Feb. 17, Mar. 17; 6-7:30 p.m. • This workshop is great for parents who are challenged by their strong willed children aged three years and younger. $39. Call 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Peace

Peace Generator at Interfaith Center • Jan. 21, Feb. 18, Mar. 18, April 15; 7-9 p.m. • "Be peace" by dropping in anytime during this silent meditation/prayer circle to focus on inner and outer healing, love, harmony, and peace. Participants may envision a happier, more peaceful world; pray for a loved one; hold our planet in the light; or just relax in silence and let go of your own worries. Donations accepted. Call Craig at 971-8576; worldhealing@yahoogroups.com or peacegenerator.org.

24-Hour Peace Generator at Interfaith Center • Jan. 21 at 7 p.m. through Jan. 22 at 7 p.m. • A peaceful planet starts from within. Join in silent prayer or focused meditation on inner/outer healing, love, harmony, peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep this continuous silent prayer/meditation going. Refreshments provided. Donations accepted. Call Craig at 971-8576; worldhealing@yahoogroups.com or peacegenerator.org.

World Peace Prayer Service with Zen Buddhist Temple • Feb. 7-12, 6:30 a.m. and 7 p.m. • A week-long kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Open to all. Call 761-6520; annarbor@zenbuddhisttemple.org.

Personal Growth

Integrating Emotional Freedom Technique into Bodywork with Linda Greene • Feb. 20, 1:30-4:30 p.m. • An introduction to the fundamentals of Emotional Freedom Technique and how to use as part of a bodywork session to resolved emotional/life pattern issues emerging in a bodywork session. Chakra/organ to emotional issue chart and use of pendulum, crystals, and stones included. Prerequisite of morning crystal class or previous pendulum, crystal, chakra experience. $30. Call 678-2360; lingreene@gmail.com.

Listening as the New Weaponry with Patricia Fero • Jan. 22, 1-3:30 p.m. at Crazy Wisdom Community Room • This class will explore the crucial role of powerful listening in the service of planetary awakening. Listening is an art form that creates the energy of oneness. $35. Call 973-0817; pat_fero@yahoo.com or patriciafero.com.

Using "The Work" of Byron Katie with Cathy DeLauter • Jan. 22, Feb. 26, Mar. 26, April 23; 10-3:30 p.m. • Learn a simple yet powerful technique to transform thoughts that cause you suffering. Through a series of interactive exercises, video demonstrations, and personal exploration, learn how to use "The Work" to move out of suffering and bring happiness and joy into your life. $65. Call 994-8847; cdelauter@hotmail.com or cathy.delauter.com.

Using "The Work" of Byron Katie with Cathy DeLauter • Six-week class: Jan. 19, 26, Feb. 2, 9, 16, 23; 7-9 p.m. • "The Work" is a simple process that inquires into thoughts that cause suffering and stress. Do you have relationship/job/health/trauma challenges? Are you experiencing anxiety or depression? These are just some of the issues that "The Work" can help transform. We will use the book, *Loving What Is*. $90. Call 994-8847; cdelauter@hotmail.com or cathy.delauter.com.

Vision Board for the New Year with Diana Ferrell • Jan. 2, 10 a.m.-2 p.m. • Create your vision board of what you are wanting to bring into your life. Free. Call 517-936-6898; ferrell_diana@yahoo.com or brightonwellness.org.

Freedom and Expansion of Your Mind and Spirit through Systemic Family Constellations with Deb Foggio and Jane McLaren • Mar. 11, 7-10 p.m. Intro and Mar. 12, 10 a.m.-5 p.m. • Have you ever had the feeling that you were ready for something to change, but you could not clearly define what it is? Something from deep within calls for a feeling of freedom, and you want to take action but you don't know what to do. The question is, "Whose life are you living?" This work allows one to discover what is there, free ourselves from bonds that don't serve us, and inspire a renewed sense of harmony and freedom. $25 Friday, $75 Saturday or $90 for both. Call Jane at 248-345-3890; avastarinc@comcast.net or integrativewellbeing.com.

Life is a Cafeteria - What's on the Menu? with Sally Pinchock • Jan. 17, Feb. 21, Mar. 21, April 18; 7-9 p.m. • Someone at work mentions energy fields and chakras, a friend goes to a psychic, you see unexplained coincidences, you feel drawn to beliefs and concepts outside your upbringing, you feel out of balance, and you're afraid to ask about all this because you may be dabbling in something strange or forbidden. If this sounds like you, this class will talk about the mystery in a safe environment. You will learn, discern, and integrate more about yourself and how you fit into the divine order of all life. $15. Call Deb at 248-702-7064; lightworkscenter@att.net.

Dream It, Plan It, Live It! with Patricia Burbank • First Thursday of each month, 5:30-7 p.m. • Right now, you have a choice. You can choose to accept the patterns in your life that continue to reappear and keep you stuck, or you can make things happen. If you're tired of mediocrity, if you cannot tolerate one more year of the same, commit and challenge yourself to create the best year of your life! $150 includes five classes and two private sessions. Call Essential Energies at 517-796-2082; essentialenergies1@sbcglobal.net.

Think about What You Are Thinking about or What Are You Feeding Your Mind? with Roberta Peterman • I: Jan. 15, II: Jan. 29; 1-3:30 p.m. • This workshop helps people become aware of the real energetic or vibrational consequences of today's increasingly fast-paced and information dense world. The ramification of these energetic or vibrational effects can cause us to perceive the world as being overwhelming and full of stress. It challenges us as we pursue mental, physical, emotional, and spiritual well being. $40 per workshop. Call Deb at 248-702-7064; lightworkscenter@att.net.

Mind Body Spirit 101: Inner Wisdom's Pathway with Carol Gallentine • Jan. 15, 10 a.m.-4 p.m. • Join us in rediscovering every human's birthrite: our innate ability to use instincts, a.k.a. intuition. Playing with the obvious senses - touch, taste, smell, hearing, and sight - we will journey into the marvelous arena of our mind-body-spirit consciousness. This is a hands-on, experiential workshop. $75. Call 517-796-8060; bodylinks2@aol.com or essentialenergies.org.

Visioning Retreat for Saner Living with Chris Wucherer • Jan. 15, 9 a.m.-4 p.m. • Life without a road map is a life without direction. Chris' deep visioning process facilitates living more deeply in your own life as a foundation for creating a life vision that will pull you forward, despite life challenges. You will leave with a map towards the life you are meant to live. $225 includes lunch, snacks, a journal, and pen. Call 669-7202; chris@centerforworkandlife.com or centerforworkandlife.com.

Creating a Vibrant, Happy Life with Dana Gramprie • Five Tuesdays beginning Jan. 25, 12:30-2:30 p.m. or Five Thursdays beginning Feb. 3, 12:30-2:30 p.m. • An introductory coaching group for women who want to add more vibrancy and well being to their lives and relationships. Learn to use your natural resources of awareness, breath, and movement as well as other practical tools and you will feel the transformation in your body as well as in your heart and mind. $125. Call 476-7411; dana@peaceofmindlifecoaching.com or peaceofmindlifecoaching.com.

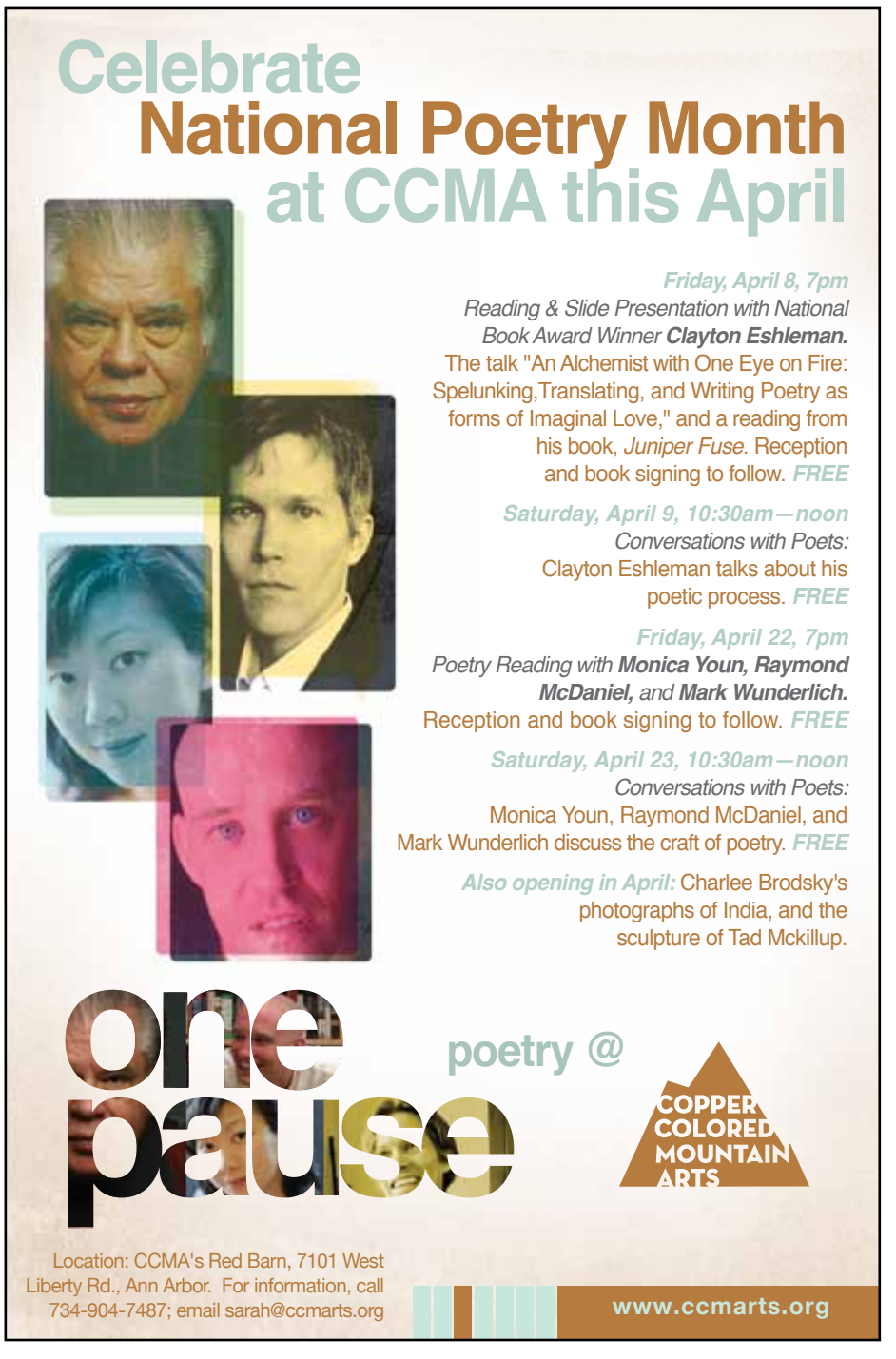
I Matter: Self-Care during Difficult Times with Jill Blixt • Seven Wednesdays beginning Feb. 2, 6-9 p.m. • In these challenging times, it is easy to get overwhelmend. Often we forget that self-care is even more essential in times of stress and uncertainty. Creating a safe haven and building our resilience is critical to our mental, emotional, physical, and spiritual selves. Come create a map to help you navigate your daily life in a way that brings you more balance, perspective, calm, and comfort. $180. Call 657-5280; jillblixt@aol.com.

Creating Internal Emotional Resources with Cam Vozar • Jan. 19, 7-8:30 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual resources. $10. Call 747-9073; cam.vozar@gmail.com.

Healthy Boundaries: Clarify, Set, and Explore with Karen Greenberg • Mar. 6, 1-5 p.m. or Mar. 15, 6-10 p.m. • This class is about clarifying, setting, and enforcing (not caving in) healthy boundaries with children, spouses, parents, siblings, friends, neighbors, business associates, and yourself. $65. Call 417-9511.

HeartMath: Science and Spirituality Connect with Melanie Fuscaldo • Jan. 11, Noon-1:30 • Learn a strategy to bring harmony to your heart, brain, and nervous system for positive health, emotional, and spiritual results. $10. Contact melaniefuscaldo.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part I: Jan. 7, Part II: Jan. 14; Noon-1:30 • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $10 each. Contact melaniefuscaldo.com.


Celebrate
National Poetry Month
at CCMA this April
Friday, April 8, 7pm
Reading & Slide Presentation with National Book Award Winner Clayton Eshleman.
The talk "An Alchemist with One Eye on Fire: Spelunking,Translating, and Writing Poetry as forms of Imaginal Love," and a reading from his book, Juniper Fuse. Reception and book signing to follow. FREE
Saturday, April 9, 10:30am—noon
Conversations with Poets:
Clayton Eshleman talks about his poetic process. FREE
Friday, April 22, 7pm
Poetry Reading with Monica Youn, Raymond McDaniel, and Mark Wunderlich.
Reception and book signing to follow. FREE
Saturday, April 23, 10:30am—noon
Conversations with Poets:
Monica Youn, Raymond McDaniel, and Mark Wunderlich discuss the craft of poetry. FREE
Also opening in April: Charlee Brodsky's photographs of India, and the sculpture of Tad Mckillup.
one pause
poetry @
COPPER COLORED MOUNTAIN ARTS
Location: CCMA's Red Barn, 7101 West Liberty Rd., Ann Arbor. For information, call 734-904-7487; email sarah@ccmarts.org
www.ccmarts.org

The Crazy Wisdom Calendar

Personal Growth (continued)

LifeWorks: Pathways to Inspired Living with Deb Foggio • Twelve sessions: Feb. 6-April 24, 10-Noon • This program teaches a step-by-step process of manifesting the life you have always wanted to live. This class is a unique combination of practical wisdom and ancient spiritual law brought together to complete your education of how to live life the way you were intended - in abundant prosperity. This class is for people who are ready to experience change in their lives. $1,295. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Personal Development Seminar Level I at Inn at the Rustic Gate with Dave and Pat Krajovic • Mar. 26-27, 9 a.m.-6 p.m. • This powerful, life changing weekend includes facilitated breathing sessions, learning to love "what is", soul communication, forgiveness exercises, affirmations, manifesting abundance, as well as the rites of balance. This seminar is a proven way to cleanse the aura of much negativity and limited thoughts and beliefs. The heart chakra opens and becomes highly energized. $500 plus room and board with early registration discount offered. Call 734-416-5200; info@bodyworkshealingcenter.com.

Free Introduction: The Presence Process with Dave and Pat Krajovic • April 12, 7-8 p.m. • Learn how the power of presence can bring all desires to you based on Michael Brown's work. Get clear. Become free. Call 734-416-5200; info@bodyworkshealingcenter.com.

> Hope is the thing with feathers that perches in the soul.
>
> - Emily Dickinson

Accessing the Golden Shadow with Dave and Pat Krajovic • Feb. 6, 9 a.m.-4 p.m. • Explore the darkness within and examine how it controls us and affects every aspect of our life. Becoming aware is the first step to embrace and understand it. Embrace the shadow and allow the gold within to shine using shamanic journey techniques, Debbi Ford's template for shadow work, and transformational breathing. $147 with early registration discount offered. Call 734-416-5200; info@bodyworkshealingcenter.com.

The Four Agreements with Dave and Pat Krajovic • Four-class series: Mar. 24, Mar. 31, April 7, April 14; 6:30-8 p.m. • Self limiting beliefs create conflict and anxiety and rob us of joy and peacefulness. Tap into a powerful Toltec code of conduct that can help free you from your past way of being and transform your life and relationships. $100 for series or $30 each. Call 734-416-5200; info@bodyworkshealingcenter.com.

Free Talk: How PSYCH-K Can Help You Manifest Desired Change with Debra Williams • Mar. 31, 7-8:30 p.m. • Based on years of split brain research, PSYCH-K provides a variety of ways to identify and transform beliefs that sabotage you into beliefs that support you. Come learn how PSYCH-K can aid you in changing behavior by shifting outdated perceptions and beliefs at the subconscious level of the mind. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Metaphysics 1 Part 2 with Rev. James Parker of Unity Church • Thursdays, Jan. 28-Feb. 24; 7 p.m. • Explore some of the fundamental principles of spiritual law and how they can be applied to your life for greater love, health, and prosperity. Through the consistent use of these practical principles, you will realize more of your spiritual potential and find that your life is transformed! Discussion format in small and large groups to explore the ideas and principles presented. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Lessons in Truth with Rev. James Parker of Unity Church • Thursdays, Feb. 17-Mar. 17; 7 p.m. • Students will embark on an exciting adventure to explore truth with Dr. H. Emilie Cady, a physician and metaphysician in the New Thought movement. The course helps students become familiar with metaphysics as understood in Unity. It will help guide students to discovering and implementing spiritual tools to express spiritual freedom. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Prosperity with Rev. James Parker of Unity Church • Thursdays, Mar. 24-April 21; 7 p.m. • Are you ready for an exciting challenge? Willing to let go of thoughts and beliefs that are holding you back from demonstrating true prosperity? If you are willing to not only study, but put into practice the ideas you'll learn, you will be blessed with an abundance consciousness that will bless every area of your life. This course is based on the thoughts and ideas of two of Unity's greatest teachers and metaphysicians, Charles Fillmore and Eric Butterworth. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

The Game of Life and How to Play It with Rev. James Parker of Unity Church • Sundays, Mar. 6-April 10, 9 a.m. and 11 a.m. services • This series is from the world's most celebrated book on how to win the game of life. The positive attitudes and affirmations are refined for women, giving them the opportunity to cultivate success and bond closely with Florence Scovel Shinn's everlasting wisdom. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Prosperity Plus! with Edwene Gaines of Unity Church • Feb. 6, 1:30 p.m. • This event will change your life! If you are ready to learn and practice the principles of true prosperity, this workshop will answer your questions and inspire you to act. Infused with humor and joy, Edwene shares the four spiritual principles of prosperity: finding your divine purpose, forgiveness and worthiness, tithing and giving, and setting clear-cut goals. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

The Keys to the Kingdom with Rev. James Parker of Unity Church • Wednesdays, Jan. 12-Feb. 23; 7 p.m. • If you are willing to make a seven-week commitment to attend classes and be willing to tithe of your time, talent, and treasure, you will profoundly alter your experience of life's abundance and awareness of your own highest potential. This is an advanced course in prosperity consciousness building and will include seven steps to spiritual self-mastery, practical prayer, forever young, soul to soul, fulfilling your divine purpose, thinking right side up, and new thoughts to change your life. $40 for materials, which must be ordered in advance. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Prayer

Explore Diverse Prayer and Meditation Styles with Melanie Fuscaldo and Craig Harvey • Jan. 8, 12:30-2 p.m. • Play with a range of prayer and meditation methods. Share the experience with others. Add your unique gifts to the mix. Feel the joy! $10. Call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Praying with Body, Mind, and Spirit: A Call to Hope with Janene Ternes • Feb. 19, 9:30 a.m.-3:30 p.m. • In times like these, God calls us to a deeper level of confidence than the world can give. Come away for a day of hopeful expectation and deeper connection with God. Engage your whole self in prayer by using your body, mind, and spirit along with movement, music, scripture, guided meditation, and journaling. Basic movements will be taught that can be done by anyone, regardless of experience or physical limitation. $45. Call 734-429-7754; PrayerInMotionJT@aol.com or prayer-in-motion.com.

Praying with Body, Mind, and Spirit: Finding Peace with Janene Ternes • April 9, 10:30 a.m.-3:30 p.m. at Crazy Wisdom Community Room • God desires for us to live in the peace that comes only from trusting and following God. Using everyday movements, music, scripture, guided meditation, journaling, and our whole selves to pray, we will deepen our focus to find serenity in the midst of daily concerns. We will learn basic movements that anyone can do, regardless of experience or physical limitation. We invite all to discover the deep peace resulting from mindfully being in God's presence. $45. Call 734-429-7754; PrayerInMotionJT@aol.com or prayer-in-motion.com.

Professional Enrichment

Coaching for Helping Professionals with Chris Wucherer • Beginning Jan. 17, 2-3:45 p.m. • Are you an extraordinary professional with an ordinary practice? Chris offers coaching to help you redefine what you do and how you do it. She will help you develop your business visions, set manageable goals, and live into an upgraded and extraordinary practice setting. The group meets in two six-week chunks, with a break in between to work on what is learned. $50 per group. Call 669-7202; chris@centerforworkandlife.com.

Spiraling into Infinity with Karen Greenberg • Mar. 22, 6-10 p.m. or April 3, 1-5 p.m. • Train to be able to perform this energy work on clients. This class assists you in expanding your limitless, spirit selves where anything and everything is possible. $350. Call 417-9511.

Mediumship for Everyone with Shala Kilmer • Eight weeks beginning Jan. 10, 6:30-9 p.m. • Become a medium and learn to provide evidence of continuity of life and bring comforting messages from deceased loved ones. $295. Call 248-258-8287; shalakilmer@gmail.com or intuitionpath.com.

The Crazy Wisdom Calendar will be posted online starting January 3, 2011, at crazywisdom.net.

Prosperity & Abundance

Prosperity Training Camp with Deb Foggio • Tuesdays beginning Jan. 11, 7-9 p.m. • Are you tired of being afraid in your life about this, that or everything? Have you been trying to bring more prosperity or money or love or happiness into your life and somehow it never quite happens? You need a group of like-minded seekers who are willing to expand their wisdom to give them the tools they know will lead them to the life they want. $20 each session. Call Jane at 248-705-1111 or Deb at 248-702-7064; Lightworkscenter@att.net or integrativewellbeing.com.

Reiki

Free Reiki Share at Interfaith Center • Tuesdays, 7-8:30 p.m. • Join Penny Helsene and Greg Weathers as they lead a Reiki share for all levels and abilities. Give hands-on healing and receive it. Free. Call Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Free Reiki Share with Andrew Anders • Jan. 16, Feb. 20, Mar. 20, April 17; 1:30-3 p.m. • A Reiki Share is a gathering of local Reiki enthusiasts to share information, practice techniques, and trade energy. All Reiki students, practitioners, and masters welcome. Energy workers and anyone interested in learning more about Reiki are encouraged to come also. Free. Call 330-5944; clariti-reiki.com.

Reiki Level I with Andrew Anders • Mar. 12 and 19, 9 a.m.-2:55 p.m. • Learn the interesting history of Reiki and practice basic methods of application for yourself and others. $79. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Reiki Level II with Andrew Anders • April 9 and 16, 9 a.m.-2:55 p.m. • Reiki Level II delves into methods including supplementary physical and non-physical applications, practitioner symbols, and Reiki via gems, stones or crystals. $79. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

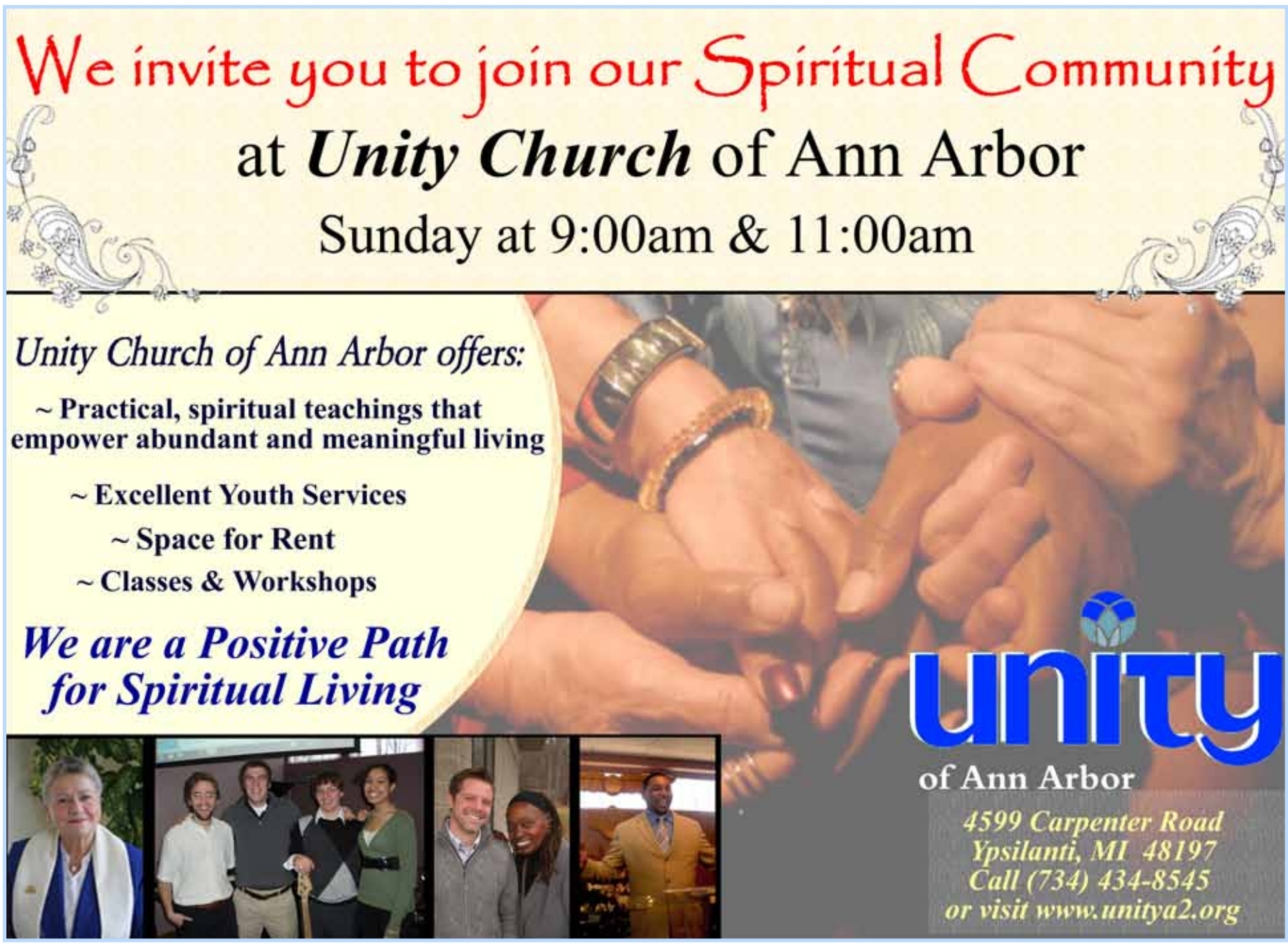
Reiki Classes with Suzy Wienckowski • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four initiations. The second level of training includes the use of the three sacred Reiki symbols to focus and intensify the energy, and to send Reiki at a distance. Certificates awarded. Call 665-8665; SuzyReiki@aol.com.
First Degree Class • Jan. 21-23 and May 13-15: Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • $150.
Second Degree Class • April 8-9: Friday 7-9 p.m., Saturday 9:30-4 p.m.• $500.
Curious about Reiki? Free Introductory Talk • April 20, 7-9 p.m. • Free mini treatments will be offered.

Reiki Share with Jennifer Flowers-Gutman • Second Thursday of each month, 6:30-8 p.m. • This is a unique offering for anyone who has taken Reiki to come and practice their skills by working on others and experience Reiki shared by other practitioners. It is also a chance to ask questions and enhance your skills. $12. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I with Laura Goldsmith • Feb. 12, 9:30 a.m.-2:30 p.m. • Traditional Usui Reiki is a hands-on healing art passed from master to student. In Level I, you will learn the history of Reiki, Reiki principles, hand positions, working with energy, and practice using Reiki healing methods. $100 or $175 for Reiki I and II. Call 517-262-6294; laurashealingenergies@comcast.net or essentialenergies.org.

Reiki II with Laura Goldsmith • Feb. 26, 9:30 a.m.-2:30 p.m. • In Reiki II, you will learn the responsibility of the healer, room set up, and hand positions, plus receive Reiki symbols for increased healing ability and remote healing. Class time will be provided to practice Reiki healing on others, so you may wish to sign up with a friend. $100 or $175 for Reiki I and II. Call 517-262-6294; laurashealingenergies@comcast.net or essentialenergies.org.

Reiki III with Laura Goldsmith • Jan. 29, 9 a.m.-5 p.m. • This class is for Reiki II Level healers who are ready to pass on attunements, teach classes or are interested in beginning a Reiki practice. Participants will get a chance to hone their skills as healers and learn from other Reiki practitioners. $250. Call 517-262-6294; laurashealingenergies@comcast.net or essentialenergies.org.


We invite you to join our Spiritual Community
at Unity Church of Ann Arbor
Sunday at 9:00am & 11:00am
Unity Church of Ann Arbor offers:
~ Practical, spiritual teachings that empower abundant and meaningful living
~ Excellent Youth Services
~ Space for Rent
~ Classes & Workshops
We are a Positive Path for Spiritual Living
unity
of Ann Arbor
4599 Carpenter Road
Ypsilanti, MI 48197
Call (734) 434-8545
or visit www.unitya2.org

The Crazy Wisdom Calendar

Reiki (continued)

Reiki I Certificate Class with Eve Wilson • Jan. 15 or Jan. 29, 10 a.m.-2 p.m. • Effective hands-on healing for self and others, Reiki I is great for pain relief, deep relaxation, and physical healing. $115 includes certificate. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki II Certificate Class with Eve Wilson • Feb. 26, 10 a.m.-1 p.m. • Learn distance healing, first aid, spiritual protection, sleep support, start your car battery, make burns and bruises heal instantly, and more! $120. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki Master Certificate Class with Eve Wilson • Mar. 12 and 22, 10 a.m.-1 p.m. • Learn to pass attunements and teach classes. Reiki I and II prerequisites. $450 includes certificate. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reincarnation

Concepts of Reincarnation: Have You Lived Before? with Rescue Rangers Opes • Feb. 19, 1:30-4:30 p.m. at Crazy Wisdom Community Room • Have you ever experienced events that seem very familiar, as though you dreamed it before it happened? Maybe there is more to this subject than what appears. Explore and discuss the concepts of science and theory surrounding the nature of reincarnation. $25, but all donations welcome. Contact Charene Henderson at rescueranger07@yahoo.com or rescueranger-sopes.com.

Reskilling

Ann Arbor Winter Reskilling Festival sponsored by Transition Ann Arbor and Rudolf Steiner High School • Feb. 5, 9:30 Registration, 10 a.m.-4 p.m. Presentations • This event focuses on learning skills for resilient, low-energy living. The day-long Reskilling Festival will focus on winter skills, which could include sessions such as sock darning, breadmaking, cold weather commuting, indoor play, and planning and preparing for spring gardens! Part of the Transition Towns movement, the concept of reskilling is about preparing for our low-energy future by acquiring new skills related to what we eat, wear, use, and live in. Free admission. Material fees apply for some sessions. Call Blanche at 669-9394; bprice@steinerschool.org or a2reskill.blogspot.com/.

Retreats

Time for You Weekend Getaway at Self Realization Meditation Healing Centre • Jan. 15-16 • Includes comfortable shared room accommodations and delicious, home cooked vegetarian meals Saturday lunch to Sunday lunch. Also available are private room or suite, pure meditation foundation class, yoga, life skills and relaxation class, natural spiritual healing, and progressive counseling.$65.50 plus taxes. Call 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Easter Celebration Silent Retreat at Self Realization Meditation Healing Centre • April 22 before dinner through April 24 after dinner • A truly spiritual way to celebrate the inner beauty of Easter. Following a meal served on arrival - giving ample time for participants to get to know each other - this retreat is held in silence for meditation, contemplation, relaxation, and to get in touch with the inner self. $140 includes shared room lodging and home cooked vegetarian meals. If you cannot afford the fee, please let us know. Call 517-641-6201; SRMHCMichigan@cs.com or SelfRealization-CentreMichigan.org.

A Mindful Way to Free the Mind Retreat with Carol Blotter • April 1-3 • If we are already free, why do we experience confusion, emotionality, and reaction? It may be because we are not seeing things as they really are. Mindfulness is the lever the Buddha taught to see clearly through the confusion of our minds. We will explore what mindfulness really means and how one might come to know freedom and inner peace in this silent residential retreat. $25 per night for room donation. Call 475-0942; cb.meditate@gmail.com or chelseameditation.com.

Three-Day Retreat at the Vivekananda Monastery in Ganges, MI with Ema Stefanova • Experience, health, wellness, and happiness. Expand your yoga horizons, spring clean your body and mind. Become a better and calmer person. Relax and rejuvenate! $375 includes meals and accommodations with early discount available. For dates, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Unity in Egypt: Secrets of the Ancient World • Mar. 18-29 • Discover ancient Egypt with Unity friends on this enlightening tour of one of the world's most fascinating locations. Visit multiple ancient cities with an English-speaking travel guide. Experience renowned landmarks and sacred sites. Prices start at $2,995 plus airfare, with a portion of the cost as a tax deductible donation supporting the spiritual education at Unity Institute. For full details, call 888-515-1885; unity.org/egypt.

Unlocking Pranamaya Kosha: The Pranic Body Retreat with Ema Stefanova at Song of the Morning Ranch in Vanderbilt, MI • April 29-May 1 • Awaken your vital energies while you learn about the nadis or pathways of pranic current that flow through the body and energy centers known as chakras. Ema will guide you as you practice five keys to experience pranamaya kosha. $150 plus accommodations or $375 all included. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Viva la Femme! Jamaica: A Healing Retreat for Women with Dori Edwards • Mar. 4-13 • Enjoy daily Anusara yoga, fitness and movement classes, home cooked island health food, various adventures into Jamaican countryside, bed and breakfast overlooking the ocean from Spanish style verandas, and life coaching, rebalancing, and enlivening. $1,700 all inclusive. Call 320-2763; dori@dreamsofisis.com or dreamsofisis.com.

Shamanism

Trance Posture, Shamanic Journeying with Johnny Nagel • Jan. 3, Feb. 7, Mar. 7, April 5; 7-8:30 p.m. • Using a collection of ritual body postures from the artwork of hunter-gatherer and horticultural people as a doorway to the world of spirit, this ecstatic trance state is achieved through a relatively simple, safe, and teachable method. It is evidence of the amazing durability of these sacred postures that we can experience them and journey into non-ordinary states of consciousness. We will gather to continue this interesting work. $10. Call Jude at 810-599-8855; jude@amiracletoday.com or brightonwellness.org.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • Jan. 29, Feb. 26; 11 a.m.-5 p.m. • Experiential training in the shamanic journey, and introduction to shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or non-ordinary reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. This is a prerequisite for most advanced training. $60 with early registration discount offered. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Third Annual Shamans' Mid Winter Dance with Kate Durda and Stephanie Tighe • Jan. 22 at Noon-Jan. 23 at Noon • With this dance, we honor the spirits by deeply connecting and paying attention to both who we have been and by powerfully stepping into who we are becoming. We will come together to journey deeply and dance passionately. Come experience the ecstasy of shamanic community. All traditions welcome. Our work during the day will prepare us for a powerful shamanic initiation dance in the evening. For cost, call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamans' Light: Shining through Service and Community with Kate Durda • Mar. 5, Mar. 26, April 9; 11 a.m.-5 p.m. • Safe, supportive, group intensive shamanic training. Involves working with our shadow side and our light so that we may be of service, inspiration, and healing for ourselves and others. You will gain understanding and experience with ceremony and ancient spiritual practices (alchemy, transfiguration, and more) that focus on mastery of raising vibration and light to help elevate and restore power, balance, and health. Includes Sandra Ingerman's Medicine for the Earth and Healing with Spiritual Light methodology. For cost, call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Spirits of Nature with Stephanie Tighe • April 30, 10 a.m.-5 p.m. • We will learn about working with the spirits of nature for healing and knowledge. By learning from the plants and animals, from rocks and winds and rivers, from the sun, moon, and stars, shamans helped their peoples live in harmony with the universe. We will focus on learning to communicate with trees and plants, learning from them about the gifts they want to share that can bring healing, peace or joy. Plants we may be working with include cedar, sweetgrass, lavender or elder flowers, including creating a small bundle/fetish to honor the plant spirit you connect with. Dress for outside weather and bring a journal, pen, and sack lunch. $75. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Connecting with Your Ancestors with Don Allen • April 16, 1-3:30 p.m. • This is a workshop to aid individuals in gaining experience in shamanic journeying. We will journey to the upper world to connect with our ancestors. Experience guided imagery journeys and drumming and dancing with intention. Enhance your emotional and spiritual well being. Includes two or three journeys, drumming, and dancing, with time to process and share our experiences. Bring a pillow, blanket, and eye cover. $25. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Empowering the Soul Within: Intro to Shamanism and Intuitive Dreaming with Laura Goldsmith • Mar. 12, 1-5 p.m. • Step into your own power for self healing and well being! Learn how the ancient practice of shamanism incorporates a way of living in balance with yourself, and all living and non living things. $40. Call 517-262-6294; laurashealingenergies@comcast.net or essentialenergies.org.

Spotlight on Jackson Kaguri ~
Author of *The Price of Stones: Building a School for My Village*

(Jackson Kaguri was raised in Uganda, graduated from Makarere University, and was a visiting scholar at Columbia University. He is the associate director of development at Michigan State University in East Lansing, Michigan, and the founder and director of the Nyaka and Kutamba AIDS Orphans Schools in Uganda. He will be appearing in the Crazy Wisdom Tea Room on Sunday, April 3rd at 1pm.)

Rachel Pastiva: Your book, *The Price of Stones: Building a School for My Village*, tells of your journey that led to the founding of the Nyaka AIDS Orphans School. Can you speak briefly on the life events that led to your dream of opening the first tuition free school for orphans?

Jackson Kaguri: The turning point was the death of my brother. He died in 1996 leaving three children; then my sister died in 1997, leaving one son. I took over taking care of their children, but each time I took these nieces and nephews of mine to see their grandparents, many grandmothers would bring their orphaned children asking me for a pen, pencil, books, and tuition. I decided I wanted to be an uncle to more than my relatives and save more lives from poverty and systematic deprivation.

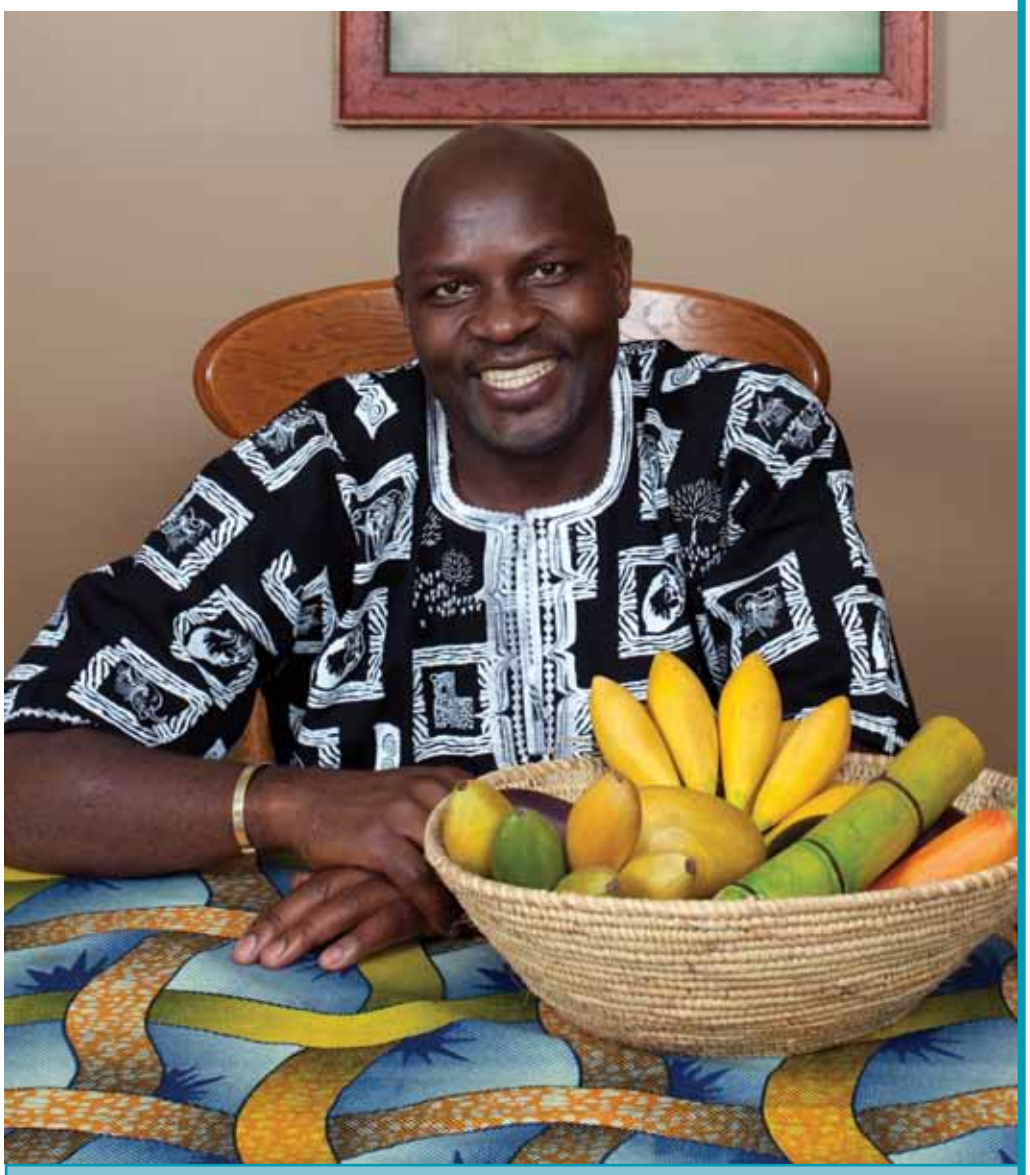
> "My father educated me and my siblings by selling his chickens, goats, cows, and land. You will have to know that parents send their children to school so that we can take care of them later in life."

RP: You faced many obstacles, including opposition from your father and other villagers. Can you explain why they did not support a school for AIDS orphans?

Jackson Kaguri: My father educated me and my siblings by selling his chickens, goats, cows, and land. You will have to know that parents send their children to school so that we can take care of them later in life. My dad thought now that I was helping the whole community, his investment was going to everyone.
Other people have seen corrupt officials who keep giving them things with a catch. I build a school, you give me a vote. So people thought that I wanted something in return.
The last group was the religious people. Uganda has many religious divisions; people thought that I was building a Seventh-Day Adventist school. If I had done that, many people would have even stopped sending their children to this school. Our schools are non-denominational and therefore every child who meets requirements can attend.

RP: Can you describe what the Nyaka AIDS Orphans Project offers to students?
Jackson Kaguri: Peace, love, and care. On top of that we provide education, uniforms, pens, pencils, two meals a day, healthcare, clean water, housing with grannies and guardians, and a library -- to the whole community.

RP: On the Nyaka AIDS Orphans Project website, nyakaschool.org, it states: "The SCHOOLS program is now supported by the HEALTH, GRANDMOTHERS and COMMUNITY programs." Can you discuss what these programs are and how they benefit the schools program?



Jackson Kaguri's book tells of the journey that led to his founding of the Nyaka AIDS Orphans School in Uganda.

Jackson Kaguri: All this is a holistic approach to address children's lives and enrich their educational experiences.

RP: What are some future goals of the Nyaka AIDS Orphans Project, and what are some ways that people can help reach them?

Jackson Kaguri: We are building a secondary school next year. People can give money, time in volunteering, talents in helping us with many tasks, or organize Nyaka friends in their communities. Please consider adding our children in your will. Follow me at http://twitter.com/twejaka

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Spiritual Development

Help and Healing on the Spiritual Path through the Teachings of Bruno Groening with Cathy DeLauter • Jan. 29, Mar. 12, April 16; 11 a.m. • Learn how to harness the divine energy that surrounds us through the teachings of Bruno Groening. This event will serve as introduction to our community. After attending, you will be invited to join our Community Hours which occur every three weeks on Monday evenings. All are welcome. Donations appreciated. Call 994-8847; cathy@delauter.com.

Ongoing Spiritual Discovery Group Based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the joy body. Awaken to your inner purpose. $10 per session. For dates and times, contact melaniefuscaldo.com.

Learn and Practice The Work of Byron Katie with Melanie Fuscaldo • Feb. 8, Noon-1:30 • Learn how four questions can transform your life. Release stressful thoughts and emotions and live with more peace and joy. $10. Contact melaniefuscaldo.com.

Experiencing God Seminar with Revered Lela Iduna • Jan. 27, 7:30 p.m. • Meet those who have healed the wounds of the past, forgiven all, and given all to develop a real relationship in which they can hear and see God. You can have this experience, too. $25 donation. Bring a friend for free. Call 363-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Creating Your Life Using the Laws of the Universe with Revered Lela Iduna • Monthly, Jan.-April • Come experience how to take control of your life, use for your highest good the laws of the universe, and make a connection to the divine that will bring the contentment you have been seeking. $10 donation. Call 363-8201; revlela@centersoflight.org or annarbor.centersoflight.org.

Eucharistic Celebration with Rev. Thomas Lumpkin and Rev. Charles Morris of Visitation • First Wednesday of Feb., Mar., and April; 7 p.m. • Come and share fellowship and spiritual nourishment in these monthly celebrations of the Eucharist. Free. Call 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Moving into Your Ascension Process with Karlta Zarley • June 18-22 at Mt. Shasta • We will be healing ourselves and the Earth during this retreat, using the energies of the mountain, the solstice, and the eclipses to assist us. $400. Call 433-9333; kzarley@att.net or karltazarley.com.

The Crazy Wisdom Calendar

Spiritual Development (continued)

Take Back the Light with Jan Phillips • April 8, 7:30-9 p.m. • An evening of music, art, and storytelling to celebrate our community, our collective strength, and our creativity. $25. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Creativity as Sacrament: The Mystery, Power, and Grace of Self-Expression with Jan Phillips • April 9, 9:30 a.m.-April 10, 1 p.m. • Each of us is here to express our potential, to engage in the work of turning thought into matter and spirit into form. We are the sound of God's breath and the voice of the earth and our utterances, if conscious, can illumine and heal. It is time for an epochal shift from the age of information to the age of inspiration, an age of conscious creativity that fosters compassion and communion. $300 single occupancy with many other possible accommodation/commuter options. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

From Sack Cloth and Ashes, Spittle and Mud to Resurrection with Durstyne Farnan • April 6, 10-2:30 p.m. • In these last few weeks of our Lenten pilgrimage, we will share quiet space and conversation around the Lenten elements of sack cloth and ashes, spittle and mud, and their transformational power to deepen and open us to the great feast of Easter. $35 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Flower of Life Workshop 2000+ with Lorna Brown • Feb. 5-6, 9-5 p.m. each day • Understand sacred geometry and learn to receive your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748; starlab6@aol.com or revlornabrown.com.

RUDOLF STEINER SCHOOL OF ANN ARBOR

Open House

Sunday, January 23rd • 2:00 - 4:00pm

Lower School Campus (PreK-8)
2775 Newport Road, Ann Arbor
734.995.4141

High School Campus (9-12)
2330 Pontiac Trail, Ann Arbor
734.669.9394

Early Childhood Open House
Parent/child, Preschool & Kindergarten
Sunday, March 6th • 2:00 - 4:00pm
Lower School Campus
find out more online: steinerschool.org

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Five sessions beginning Jan. 13 or April 21, 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature.The Munay-Ki are the codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. $40 per session/$200 total. Call 428-8748; starlab6@aol.com or revlornabrown.com.

Soul Retrieval Retreat with Lorna Brown and Ann Bradley • Jan. 28, 7 p.m. through Jan. 30, 3:30 p.m. • Soul retrieval is the shamanic way of accessing and restoring lost parts of our soul or spirit. We will use energy medicine combined with a journeying process and group dynamics to heal old wounds and restore ourselves to wholeness. $275 with accommodations additional. Call 428-8748; starlab6@aol.com or revlornabrown.com.

> Let him that would move the world first move himself.
>
> - Socrates

Developing a Personal Relationship with Your Creator/Higher Power/God with Karen Greenberg • Feb. 1, 6-10 p.m. or April 10, 1-5 p.m. • Learn how to create a still, quiet, sacred, meditative space in which to ask questions and receive answers from your Creator/Higher Power. $65. Call 417-9511.

Gifts of the Spirit with Karen Greenberg • Four-session class: Jan. 19, 26, Feb. 2, 9; 6-10 p.m. • Learn how to distinguish between answers to important questions that you wish, hope, and desire to hear (which originate from your personality ego) versus higher level information from your higher self, your master of light self, your archangelic self, and more. $75 per class. Call 417-9511.

Adept Initiation into the Golden Brotherhood and Sisterhood with Karen Greenberg • Mar. 13, 1-5 p.m. or Mar. 23, 6-10 p.m. • Join with people of all races, religions, nationalities, ages, and genders to make the world a better place. When you proclaim that you wish to serve on a higher level, the spiritual realms embrace you and support you in every way, and provide opportunities for you to more fully carry out your soul's purpose. $495. Call 417-9511.

Points of Light: Ann Arbor Science of Mind Community with Erin Fry • Wednesdays, 5:30-7 p.m. • We study the Science of Mind philosophy and teach the core spiritual practices of affirmative prayer, meditation, and visioning. We read and discuss the work of Ernest Holmes and offer classes from the United Centers for Spiritual Living curriculum. By donation. Call 277-4858; erinfry.rscp@gmail.com or www.a2som.com.

Seals of Solomon Activation Part One with Karlta Zarley • Feb. 12, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom we gained in previous lifetimes in various ancient cultures and which is stored within each of us. This activation begins the unichakra process, clearing the DNA of trauma and opens the first five seals, covering the Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. $225 includes light refreshments. Call 433-9333; kzarley@att.net or karltazarley.com.

A Course in Miracles Workbook Study Group with Lorri Coburn • Thursdays, Noon-1:30 • All are invited to study the non-dualistic principles of A Course in Miracles. Free with donations accepted for Interfaith Center. Call 646-6585; lorricassie@sbcglobal.net or interfaithspirit.org.

Spiritual Awakening Class with Lorri Coburn • Saturdays, 10:30 a.m.-12:30 p.m. • Experiential class based on A Course in Miracles, utilizing various powerful ego-releasing techniques, such as the Sedona Method, Ho'oponopono, and meditations. $20. Call 646-6585; lorricassie@sbcglobal.net or miraclesmedia.com.

Soul Essence Evolving with Jane McLaren and Deb Foggio • Second and Fourth Friday of each month, 7-10 p.m. • If you could see the movement of your soul, could you understand how you are experiencing life? This systemic constellation work utilizes the universal energy or the knowing field to reveal how your soul moves in creating your life. It is insightful work that can touch the sacred place within you and allows love to flow more freely in your life. $25. Call 248-345-3890; avastarinc@comcast.net or integrativewellbeing.com.

Being Spirit: The Spiritual Inquiry Teachings of Aaron with Anna Marie Henrich • Thursdays: Mar. 10, 24, April 7, 21, May 5; 7-9 p.m. or Saturday, April 2, 1-5 p.m. • You are on a journey to uncover the radiant spirit that you are. Come find out what you really are, why we are here, and what you came to do during this time of planetary transition. Learn about the spirit within the planet, yourself, and all beings and the path to higher consciousness and love that we are all on. $42 building fee with opportunity to offer donation to teacher. Call 477-5848; info@deepspring.org or deepspring.org.

Higher Consciousness Group with David Winfree • Thursdays, 7 p.m. • All are invited to join a group discussion to practice techniques to raise one's consciousness with a local master who has experienced a profound shift of consciousness. Donations accepted. Call 353-0906; dwinfree@charter.net or interfaithspirit.org.

A Course in Miracles Study Group at Interfaith Center • Mondays, 6:45-8:15 p.m. • All are invited to join a group reading and discussion of the seminal metaphysical book *A Course in Miracles*. Includes study materials and text. Donations accepted. Call Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Course in Miracles Study Group at Unity Church • Fridays at Noon • Everyone is welcome to join at any time. This study group allows for jumping in wherever the group is reading because the messages are repeated throughout. Even if you have never read *A Course in Miracles* and are just curious to check it out, we invite you to stop in. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Discover the Power Within You with Rev. James Parker at Unity Church • Tuesdays, Mar. 22-April 19; 7 p.m. • A spiritual study of the true teachings of Jesus Christ based on Eric Butterworth's book, which presents the thesis that we all can discover, accept, and release the same power of the divinity that Jesus believed dwelt within him, within consciousness. The book becomes a tool to develop an action plan to practice the divinity as our way of living and take us into another quantum leap in the development of the collective consciousness. Donations welcome. Call Sonja at 434-8545; staff@unityA2.org or unityA2.org.

Stress Management

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Feb. 1, 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $10. Contact melaniefuscaldo.com.

Sufism

Sufi Circle and Zikr with Sh. Bapak Waleed "Leonardo Stoute" • Thursdays, 7:30-8:30 p.m. • Come experience Sufi healing and meditation. Join in a traditional chanting circle and share in the zikr, or remembrance, as it has been passed down for generations. All are welcome! Free. Call Body-Mind-Spirit at 678-4523; bmswc.com.

Tai Chi, Martial Arts & Self Defense

Qigong with Annette Mullett • Tuesdays beginning Jan. 18, 10 a.m. • Qigong is very powerful to health and well being in that it helps you to direct your "qi", also known as chi or life force, and can be life changing if practiced regularly. It helps the body align and return to its natural balance by moving qi smoothly through the energy meridians. It helps the mind and body work together and brings a feeling of bliss. All levels of fitness can practice. $10 class prepaid or $15 drop-in. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Tai Chi Chuan 1 with Stephen Harrigan for WCC • Wednesdays: Jan. 26-April 13, 6-7:15 p.m. • In this beginning class, based on the Yang style, you'll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration, and improved health. Tai chi may also facilitate academic, intellectual, and conceptual learning. $125. Call Tamika or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Tai Chi Chuan 2 with Stephen Harrigan for WCC • Wednesdays: Jan. 26-April 13, 7:30-8:45 p.m. • This class offers a higher level of instruction in Yang style tai chi chuan. You can work on the form at your own pace and practice some elementary pushing hands and application. Prerequisite: Tai Chi Chuan 1. $125. Call Tamika or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Tai Chi with Carol Gallentine • Wednesdays, Jan. 12-Feb. 16; 7-8:30 p.m. • Tai Chi is a gentle, yet powerful form of moving meditation. A deep self awareness is achieved with the practice of Tai Chi; almost every muscle in the body is used. When Tai Chi is practiced on a daily basis, balance, body functions, and thinking processes can improve. $48. Call 517-796-8060; bodylinks2@aol.com or essentialenergies.com.

Tai Chi Chuan I with Susan Bloye • Tuesdays: Jan. 25-April 12; Noon-1:15 • Beginning class based on the Yang style. $125. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Tai Chi Chuan II with Daniel Kirksey • Tuesdays: Jan. 25-April 12; 1:30-2:45 p.m. • A higher level of instruction in Yang style Tai Chi Chuan. $125. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

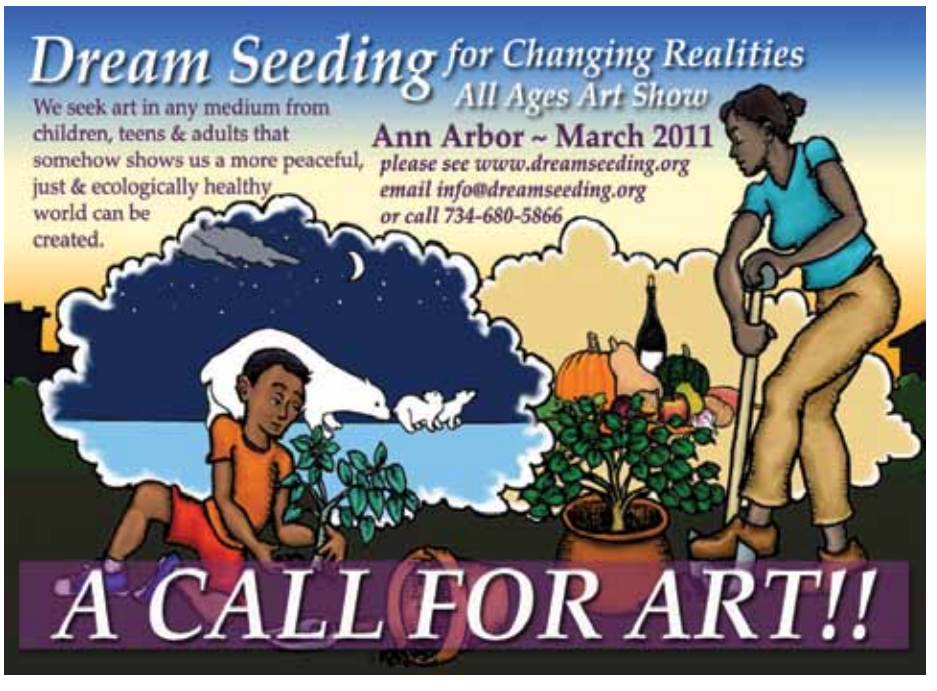
Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, Thursdays: 6-7:30 p.m.; Sundays: 4 p.m. (at Jewel Heart) • Wu style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. First class free. $45 monthly for one class per week; $70 monthly for two classes per week. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Jan. 2-April 24: Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. $5 donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Tai Chi Chuan Classes at Peaceful Dragon School • Winter session: Jan. 3-Mar. 31 • The Tai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form integrates both physical and energetic mechanics that promote relaxation and presence of mind. Tai Chi is often characterized as a moving meditation. $180. For dates and times, call director Wasentha Young at 741-0695; peacefuldragonschool.com.

Chi Kung Classes at Peaceful Dragon School • Winter session: Jan. 3-Mar. 31 • There are four major characteristics of Chi Kung: medical; longevity practices using breath, movement and visualization; meditation practices promoting clarity of mind and spirit; and exercises that strengthen muscle energy. The Wild Goose Chi Kung system embodies all four. $180. For dates and times, call director Wasentha Young at 741-0695; peacefuldragonschool.com.

Martial Arts Classes with Huron Valley Aikikai • Classes offered Monday-Saturday in mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete schedule and costs, call 761-6012 or hv-aikido.com.


Dream Seeding for Changing Realities
All Ages Art Show
We seek art in any medium from children, teens & adults that somehow shows us a more peaceful, just & ecologically healthy world can be created.
Ann Arbor ~ March 2011
please see www.dreamseeding.org
email info@dreamseeding.org
or call 734-680-5866
A CALL FOR ART!!

The Crazy Wisdom Calendar

Tai Chi, Martial Arts & Self Defense (continued)

Martial Arts Advantage • Morning and evening classes offered daily • Offering an extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. For complete schedule and costs, call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated at "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered Saturday mornings. First class is free for adults; $50 for five classes. $60 per month for beginning children or $70 for advanced. For complete schedule, call 662-4686; aikidoyoshokai.org.

> Go confidently in the direction of your dreams.
> Live the life you have imagined.
>
> - Henry David Thoreau

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes offered • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Classes include Juko Ryu Hakutsuru White Crane Kempo (Hard Fist) and Kin-da (Locking and Throwing), Juko Ryu Aiki Inyo Tai Ki (similar to Tai Chi), and Juko Ryu Aiki Inyo Goshin Jutsu (self-defense art). For complete schedule and costs, call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung-Fu, Karate-do, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture, providing the opportunity for improved health and self-cultivation while accurately representing and transmitting the technical, cultural, and spiritual aspects of our martial arts traditions, and contributing to the progressive evolution of the living art form and its propagation. Children's program offered Mondays and Saturdays includes Karate-do, Judo, and Aikido. For complete schedule and costs, call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Monday and Thursday evenings, Saturday mornings • Classes include Chen style tai chi ch'uan basic practices, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center Classes • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. If you're ready to increase your focus, stamina, confidence, and coordination, come and learn valuable and practical self-defense. Children's program teaches life skills that provide the knowledge kids need growing up today, including the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. For complete schedule and costs, call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. $1 per minute. No appointment necessary. Call 368-1780, johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. Value based payment system. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde in the Crazy Wisdom Tea Room • Sundays, 11:30-2 p.m. • Joshua Wilde studies the Tarot from a wide variety of angles: psychological, Kabalistic, astrological, numerological, and esoterically. $1 per minute. No appointment necessary. Call 517-402-3260, heyyou@overthere.net.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 734-222-9160.

Worldly Wise: Hand Reading, Astrology, Tarot, and Luck with Adrienne Eliseo • Jan. 22, 10:30 a.m.-12:30 p.m. • Come learn about hand reading, astrology, tarot, luck, and the lost wisdom of the three worlds! They are all classic maps of the human-spiritual-earth journey, which reveal potent secrets of evolution. This is a look at how these four maps, when studied together, demystify life. $25 with early registration discount offered. Call Kendra at 517-796-2082; essentialenergies1@sbcglobal.net or essentialenergies.org.

Hand Reading Sessions with Adrienne Eliseo • Jan. 22, 1-6 p.m. • Within your hands are the evolution of your self, your life story, and your relationship to the world - clearly summarized. A hand reading is personalized knowledge at its very best. $15 for ten-minute mini reading. $30 for 30 minutes or $55 for one hour. Call Kendra at 517-796-2082; essentialenergies1@sbcglobal.net or essentialenergies.org.

Introduction to Palmistry with Donna Nardone • Mar. 6, 1-3 p.m. • Read the past, the present, and the future in the hand - the map in your hand. If you make a serious study of palmistry, you will know easy to follow steps for making a complete picture of your hand or someone else's so you can chart the highways and byways of personality and character. $55. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 24: 1 p.m. and 4 p.m. seatings; and May 8 for Mother's Day: 1 p.m. seating • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; jerri@crazywisdom.net or crazywisdom.net.

Tea Tasting with Adam Kripke • Jan. 20, Feb. 17, Mar. 17, April 21; 7-8 p.m. • Come tease your taste buds with a soothing array of fine teas. Sample premium high end teas from China and Taiwan. Taste the difference between green, oolong, herbal, black, pu-erh, and white teas. $5. Call 474-1608; bmswc.com.

Theater

Wild Swan Theater Performances • This professional adult troupe performs family-oriented theater. Productions are usually original scripts adapted from classic and contemporary children's literature. Tickets $8 youth/senior and $12 adult. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.

A Honey Pot of Pooh Stories • Jan. 27, 10 a.m.; Jan. 28, 10 a.m. and 1 p.m.; Jan. 29, 11 a.m.

Under the African Sky • Feb. 24, 10 a.m. and 12:30 p.m.; Feb. 25, 10 a.m. and 12:30 p.m.; Feb. 26, 11 a.m.

Peter Rabbit • Mar. 24, 10 a.m. and 1 p.m.; Mar. 25, 10 a.m. and 1 p.m.; Mar. 26, 11 a.m.

Theosophy

Seven Planes of Consciousness Practice Sessions Teleconference with John Friedlander • Jan. 19, Feb. 16, Mar. 16, April 20; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven sub-planes, as described in the Theosophical literature of the early 1900s. The Theosophical writers brilliantly described the whole scope of human potential, synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. Prerequisite: Level I and Seven Planes Class. $12.50. Call Violeta at 677-2761; violetavivano@ameritech.net or psychicdevelopment.cc.

Therapy and Support Groups

Monthly Mandala Process Group with Melissa Gratzinger • Jan. 15, Feb. 19, Mar. 19; 10-11:30 a.m. • Mandala has been proven to have soothing effects and improve mood. This group is open to all who want to learn more about themselves while being creative. You will learn about your colors and symbols, and be able to reveal unconscious material so you can identify and remove barriers to heal and move forward in life. $20. Call 956-0051; melissa@creativemindcounseling.com or creativemindcounseling.com.

Free Introduction to Creative Counseling with Melissa Gratzinger • Jan. 29, 11-Noon • A combination of art, play, and expressive therapies can be a holistic approach towards healing and regaining emotional and mental peace. Creative Counseling can be most helpful for people who have suffered from a trauma, disaster, violence, loss or seek to heal the inner child. Free. Call 956-0051; melissa@creativemindcounseling.com or creativemindcounseling.com.

Traditional Chinese Medicine

Feed Your Face: Natural Skincare from the Kitchen - Beauty Secrets of Traditional Chinese Medicine with Esther Morton-McCormick • April 13, 6-8:55 p.m. • Now you can replace your chemical based, mass produced facial care products with natural ones you make yourself. Whether you have sensitive skin or not, the knowledge you take home from this class can make a difference in your wallet and on your face. Take home a sample cleanser, toner, and emollient made in class to nourish, hydrate, and protect your skin. Required text: *Facelift at Your Fingertips: An Aromatherapy Massage Program for Healthy Skin and a Younger Face*. $29. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Transpersonal Psychology

Ann Arbor Ken Wilber Meetup Group with Dennis Hunt • Jan. 15, Feb. 19, Mar. 19, April 16; 2:30- 4:30 p.m. at Crazy Wisdom Community Room • Discussion and transformational practices related to the philosophy of Ken Wilber. $5-$10 suggested donation to cover expenses. Visit website for upcoming topics. Call 658-7619; dhunt98@earthlink.net or meetup.com/kenwilber-32/.

Women's Health

Judging Your Feminine Assets: Create Healthy Breasts for Life with Cathy Holland • Mar. 29 and April 5, 6-7:55 p.m. • Reduce your risk for breast cancer, learn lymph drainage, balance your fourth chakra, and more. $39. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Womenspirit

Women's Circle Meditation with Jennifer Beard • Fourth Tuesday of each month, 7-8:30 p.m. • Come sit in circle with your sisters and learn a different form of meditation each month. Share stories, share feelings, and know that you are not alone on your path. We as sisters travel it together. $15. Call 734-416-5200; info@bodyworkshealing-center.com.

Unity Women's Group with Donna Estry at Unity Church • Second Saturday of each month, 10 a.m., with potluck lunch at Noon • Join us for an informal, relaxing time, sharing with other women. Programs feature guest speakers, demonstrations, discussions around books and videos, health topics, and more. Donations welcome. Call Donna at 434-8545; estry@umich.edu or unityA2.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 21, Part 2: Jan. 28; Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $10 per session. Contact melaniefuscaldo.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Feb. 15, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $10 per session. Contact melaniefuscaldo.com.

Rebuilding Your Spiritual Business with Karen Greenberg • Feb. 15, 6-10 p.m. or Mar. 27, 1-5 p.m. • Uncover your hidden, sabotaging beliefs, emotions, and behaviors that are preventing you from creating and receiving the prosperity that is your birthright. $65. Call 417-9511.

Readers at Crazy Wisdom Tea Room

Tarot • Psychic • Intuitive • Astrology • Cosmo • Palmistry

Drop-In Intuitive Tarot Readings with Joshua Wilde
Sundays from 11:30 a.m. to 2:00 p.m.
No appointment needed • $1 per minute
517-402-3260 • heyyou@overthere.net

Drop-In Palmistry Readings with Vijayalaxmi Shinde
Sundays, 2:30 to 5:30 p.m.
$1 a minute • No appointment needed
734-222-9160 • vijaya_laxmi@comcast.net

Drop-In Tarot Readings with Rebecca Williams
Thursdays, 6 - 9 p.m. • $1 per minute
No appointment needed
rebeccawilliams999@comcast.net

Drop-in Intuitive/Psychic Readings with Marcella Fox
1st & 3rd Fridays, 7-10 p.m.
$1 a minute • 734-717-8513

Drop-In Intuitive Readings with Irena Nagler
2nd & 4th Fridays of each month, 6:30 - 9:30 p.m.
$1 a minute, no appointment necessary.
Call 734-996-1772; birena@umich.edu

Drop-In Intuitive/Psychic Readings with Amy Garber
First and Third Saturdays, 7:00-10:30 p.m.
$1 per minute. No appointment necessary.
734-358-0218; email metafizzy@gmail.com.

Drop-In COSMO Readings with John Fredericks
1st & 3rd Saturdays each month,
10:30 a.m.-1:30 p.m. • $1 per minute
No appointment necessary • 734-368-1780

Drop-In Tarot & Astrology Readings with Jillian Kerry
2nd & 4th Saturdays each month,
10:30 a.m.-1:30 p.m.
Value based payment system
No appointment necessary
734-395-4999 • jilliankerry@gmail.com

Drop-In Intuitive/Psychic Readings with Diane Evans
Saturdays, 2-5 p.m. • $1 per minute
No appointment necessary
734-327-9568 • in-genius@comcast.net

Crazy Wisdom Bookstore and Tea Room
114 S. Main Street, Ann Arbor
734-665-2757 • www.crazywisdom.net

The Crazy Wisdom Calendar

Writing & Poetry

Work-In-Progress Reading Series at Crazy Wisdom Tea Room • Jan. 26, Feb. 9, Feb. 23, Mar. 9, Mar. 23, April 13; 7 p.m. • This series gives established writers a space to present new work, especially work that incorporates music, performance, visual arts, and experimental narrative, challenging people to engage more than they normally would at a reading. For more information, email cafecomitatus@yahoo.com or http://wipreadingseries.blogspot.com/.

Slide Talk and Poetry Reading with Clayton Eshleman • April 8, 7-9 p.m. at Copper Colored Mountain Arts Red Barn • This free, public slide show is on Upper Paleolithic Cave art and discussion of the origin of language. Eshleman will also read from his poetry collection, *Juniper Fuse*, written in response to his 15 year study of the caves. Reception and booksigning follow. Free. Call Rob at 904-7487; sarah@ccmarts.org or ccmarts.org.

Poets in Conversation: Clayton Eshleman • April 9, 10:30-11:30 a.m. at Copper Colored Mountain Arts Red Barn • Director of One Pause Poetry will host a conversation with Eshleman on the origins of his poetic process. (See description above.) Free. Call Rob at 904-7487; sarah@ccmarts.org or ccmarts.org.

Poetry Reading with Monica Youn, Mark Wunderlich, and Raymond McDaniel • April 22, 7-9 p.m. at Copper Colored Mountain Arts Red Barn • Poets will read from their new work. Reception and booksigning follow. Free. Call Rob at 904-7487; sarah@ccmarts.org or ccmarts.org.

Poets in Conversation: Monica Youn, Mark Wunderlich, and Raymond McDaniel • April 23, 10:30-Noon at Copper Colored Mountain Arts Red Barn • Director of One Pause Poetry, Sarah Messer, will host a round table conversation with these poets on their poetic process. Free. Call Rob at 904-7487; sarah@ccmarts.org or ccmarts.org.

Writing from Your Dreams with Irena Nagler • Wednesdays, Feb. 2-Mar. 16; 6:30-8:30 p.m. • Translate both waking and sleeping dreams into poetry, stories, and poetic prose, in an environment that supports sharing and individual creativity. No class Feb. 23. $75 Ann Arbor residents. Call 996-1772; birena@umich.edu.

Strategies for Journaling with Debra Williams • Jan. 12, 7-8:30 p.m. • Learn to channel your inner voice through your pen to the page. A variety of activities and techniques will be introduced to spark self-expression. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Write Now: Claiming and Expressing Your Creative Voice with Jill Blixt • Seven Tuesdays beginning Feb. 1, 6-9 p.m. • Do you have a story that wants to be written? Have you longed to write but haven't made time or space in your life to do so? Join a group of like-minded people and build your confidence and skills as a writer. This workshop is for anyone who wishes to write fiction, non-fiction, poetry or memoir. All that is required is willingness. $180. Call 657-5280; jillblixt@aol.com.

Memoir Writing: Diving for Pearls with Jill Blixt • Seven Wednesdays beginning Feb. 2, 9:30 a.m.-12:30 p.m. • Natalie Goldberg speaks of memory and memoir as "an old friend from far away". Engaging with this old friend is a powerful and nourishing resource as we give voice to our experience. Whether you want to write for publication or personal enrichment, give yourself the gift of joining like-minded peers in a safe and sacred space where your writing can bring you closer to that "old friend". $180. Call 657-5280; jillblixt@aol.com.

Yoga

Gentle Yoga Class with Janine Polley • Thursdays: Jan. 20-Mar. 10, 1-2:30 p.m. • Tapping into the body's natural healing responses, this soft and basic Hatha Yoga class blends focused breathing with movement to relieve chronic aches, pains, and stiffness. Beneficial for those with arthritis, fibromyalgia, headaches, back discomfort, and other health challenges. $70 for eight weeks. Call 747-9635; jdpolley@comcast.net or tlccaa.com.

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Classes for everyone - beginners and experts, stiff or flexible, young or old. The practice of yoga helps us know more fully who we truly are, beginning with the body, mind, and breath. Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612; annarborschoolofyoga.com.

Bikram Yoga Classes • Morning, afternoon, and evening classes offered daily • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Try honesty and you will receive 100% benefits even as a beginner. New student special: ten days for $20. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Third Annual Bishnu Gosh Regional Yoga Asana Expo with Bikram Yoga • Jan. 15, Noon-3 p.m. • See and experience the beauty and strength of yoga asanas. By donation. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Yoga Classes through Inward Bound Yoga • Jan. 10-Feb. 26 or Mar. 7-April 23 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, Integral yoga, meditation for yogis, and several flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.
Monday:
5:45-7:15 • Level 2-3 with Martha
7:30-9 p.m. • Level 1 with Caitie
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
5:45-7:15 p.m. • Integral Yoga with Caitie
7:30-8:30 p.m. • Vinyasa Yoga with Caitie
Wednesday:
7:30-8:30 a.m. • Wake-Up Yoga with Janine
4-5:30 p.m. • Breath, Meditation, Posture with Dottie
5:45-7:15 • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha
Thursday:
5:30-7:15 p.m. • Flowing Yoga to Music with Aileen
7:30-9 p.m. • Level 1-2 with Barbara
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15-12:30 • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

The Art and Science of Teaching Yoga for Healthier Backs with Linda Makowski and Ronda Pretzlaff Diegel • Jan. 16 and Feb. 21, 2-4 p.m. • Spend four hours deepening your confidence, skills, and knowledge when teaching students challenged by a range of back issues. From the neck to the tailbone, we will examine anatomical structure and function, and chronic, traumatic, and congenital back conditions that challenge your yoga students. $75 for both days or $40 each. Call Linda at 248-752-3431; linmakowski@comcast.net or namaste-yoga.net.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow individual attention. For description and fees, call 761-8409; info@christydeburton.com or christydeburton.com.
Monday: 4:30 p.m. • Hatha, 5:45 p.m. • Vinyasa, 7 p.m. • Hatha
Tuesday: 9:30 a.m. • Hatha, 5:45 p.m. • Vinyasa, 7 p.m. • Energy Flow
Thursday: 4:30 p.m. • Hatha, 6 p.m. • Vinyasa
Saturday: 8:30 a.m. • Vinyasa, 10 a.m. Energy Flow

Yoga Serves Community Potluck with Christy DeBurton • Jan. 30, 5-7 p.m. • Take your yoga practice off the mat and into the community and, in the process, make new friends! Bring a vegetarian dish to pass, and come ready to sign up for a variety of community service projects throughout the coming months. We serve the hungry, the homeless, the environment, the elderly, and other good causes that need our help. Free. Call 761-8409; info@christydeburton.com or christydeburton.com.

Yoga Immersion Program with Christy DeBurton • One weekend per month, Jan.-May • This program is an adaptation of yoga teacher training with a shorter time commitment at a significantly more affordable price. The program will meet one weekend per month and offer instruction in yoga techniques, teaching methodology, anatomy, yoga philosophy, and practice teaching opportunities. Ideal for anyone interested in deepening their yoga practice, those considering teaching yoga, elapsed yoga instructors ready to return to teaching or current teachers interested in sharpening their skills. $575. Call 761-8409; info@christydeburton.com or christydeburton.com.

Partner Yoga and Thai Yoga Massage Workshop with Christy DeBurton • Feb. 12, 7-9 p.m. • Back by popular demand and just in time for Valentine's Day! Work with your partner in discovering the dynamics of a partner yoga flow, and support each other in opening your bodies in ways that can be challenging in a solo practice. Then, learn to give and receive a wonderfully relaxing Thai Yoga massage that provides both the recipient and giver with great stretches and leaves you with an overall feeling of peace and well being. $35 per person with early registration discount available. Call 761-8409; info@christydeburton.com or christydeburton.com.

Yoga with Deb Figiel • Saturdays: Jan. 8-Feb. 12, 9-10:30 a.m. • Come release your week's tension through a gentle continuous flow yoga. All skill levels welcome. $36 for six weeks or $8 drop-in. Call 517-262-5218; essentialenergies1@sbcglobal.net or essentialenergies.org.

Yoga (continued)

Yoga Postures with Optional Lunch with Diane Kimball • Wednesdays, Yoga: 10:30-Noon, Lunch: Noon-1 p.m. • Taught by Deep Spring experienced yogis, the class structure will be sitting meditation, yoga postures, and relaxation. Please bring a mat and/or blanket to class if you have your own. After the class, come join us for a time of sharing and enjoying the friendship of our sangha community. Bring a bag lunch or buy nearby. Lunch is available to anyone. You need not attend yoga to come to lunch. All welcome. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Mixed Level Hatha Yoga with Nicole Teufel • Mondays, 7:30-8:30 p.m. • Mixed level Hatha style class. Highly alignment based, yet playful and uplifting. Beginners welcome. $20 per month or $7 drop-in. Call 248-767-1042; nteufel@gmail.com or myogatrition.com.

Yoga Playshop with Nicole Teufel • Tuesdays, 3-4 p.m. • See above description. $5 drop-in. Call 248-767-1042; nteufel@gmail.com or myogatrition.com.

> Truth is eternal. Knowledge is changeable.
> It is disastrous to confuse them.
>
> - Madeleine L'Engle

The 5 Rites of Rejuvenation with Dave and Pat Krajovic • Mar. 3, 6:30-8:30 p.m. • You will learn a form of yoga that will rejuvenate and generate vital energetic power, bringing you a liberating and self-transforming sense of well-being. $37. Call 734-416-5200; info@bodyworkshealingcenter.com.

Yoga and Meditation for Ages 13+ with Yatesha of Tree of Life Cultural Arts Studio • Jan. 10-April 2: Wednesdays, 7-8 p.m. • In this class, we develop the foundation for a strong yoga practice. Class will include gentle poses, breath work, relaxation, and meditation techniques. We will focus on alignment, yogic philosophy, and wellness in a safe and supportive environment. All welcome. $12 drop-in or $120 for twelve week session. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Family Yoga for All Ages with Yatesha of Tree of Life Cultural Arts Studio • Jan. 10-April 2: Thursdays, 5-6 p.m. • Family Yoga is designed for all ages and abilities. This class will be kid friendly and will blend fun, games, and stories into principles and practices of classical yoga. This class will offer tips for managing child stress (i.e. school, bullying, peers, family) as well as deepening the relationship with oneself by becoming more in tune with the physical body as well as the mental body. $12 drop-in or $120 for twelve week session. Call Cheri at 433-0697; cheri@treeoflifestudio.org or treeoflifestudio.org.

Yoga Classes for All Levels with Sue Salaniuk, Nancy Udow, Sally Rutzky, Alicia Rowe, and Pam Lindberg at The Yoga Space • Various dates and times offered • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Classes offered during weekdays, evenings, and Saturdays. Seven-week series: $84 for 90 minutes. For complete information, call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Learn to look for the good in yourself as you enjoy a dynamic practice. $13 if registered or $17 drop-in with permission. Call 358-8546; yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 6:30-8 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.
Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.
Yoga Essentials • Tuesdays 5:45-7:15 p.m. • For those new to yoga or new to this system. Begin a journey into the principles and philosophy and learn the essentials for a rewarding practice. $12 if registered or $15 drop-in with permission.
Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10 if registered or $12 drop-in with permission.

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60 for six sessions or $12 drop-in. For cost and information, call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I for Beginners • Six Tuesdays starting Jan. 18, Mar. 8, and April 19; 6-7:30 p.m.
Yoga II • Six Tuesdays starting Jan. 18, Mar. 8, and April 19; 6:30-8 p.m. or Six Thursdays starting Mar. 10 and April 21; 6:30-8 p.m. taught by David Black

Iyengar Yoga Classes at Harmony Yoga of Ann Arbor with Karen Husby-Coupland • Winter sessions: Jan. 3-Feb. 19 and Feb. 28-April 23 • Yoga classes taught in the Iyengar method are available for beginners and more experienced students. There is also a Gentle class for those who prefer a slower-paced, more supported approach to the practice of yoga. Classes are small to medium-sized in a friendly atmosphere. $16 drop-in with discounts available for registering for a session. Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Yoga Classes with Ema Stefanova • For complete descriptions, dates, times, and costs for all classes, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.
Yoga for Busy People • Master simple ways to integrate yogic techniques into your lifestyle such as easy-to-do breathing, meditation, and simple postures. See website for dates and times.
Open Level Yoga and Meditation Classes • Mondays, 6:10 p.m.; Tuesdays, 8:30-9:30 p.m.; Wednesdays, 9:15 a.m.; Fridays, 9:30 a.m.
Yoga and Meditation Retreat • Sundays • Two in-depth yoga and meditation workshops and two in-depth yoga and meditation practice sessions. All abilities welcome.
Yoga Therapy Seminars • Saturdays, 2-4 p.m. and/or Sundays, 9 a.m.-4 p.m. • Yoga for anxiety and depression, yoga for sleeping problems, and therapeutic breathing techniques.
Mommies Do Yoga, Daddies, too • An adult class that lovingly welcomes babies and toddlers. Be a good yoga example for your child's healthy development.
In-Depth Studies 100, 200, and 500 Hour Programs • Fridays and Sundays • For the health and spiritually inclined and all those in life yoga has played an important role. No previous experience necessary. CEUs available.
Yoga for Physical and Mental Flexibility • Relaxing into postures and breathing techniques, create new awareness in your body and life!
Yoga for Computer Users • Yoga therapy for correcting rounded shoulders, slouch, hunch, eye crunch, and overall fatigue.

Yoga Classes with Karen Ufer at Yoga Focus • Winter Session: Jan. 3-Feb. 27 • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. Many classes available for all levels, including prenatal and gentle, based on the work of B.K.S. Iyengar. $15 drop-in or $13 per class if signed up for eight-week session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Yoga Classes with Evolve Yoga • Ongoing classes offered weekly • A sacred space for physical, mental, and spiritual evolution. Energize the body, expand the mind, and enliven the spirit. Classes include Basic, Flow, Prenatal, Restorative, Slow Flow, Rise and Shine, Vinyasa, Vipasana Meditation, and Yoga at the Wall. $100 for ten classes; $10 drop-in with first class free. Veteran, student, senior, and family discounts. For complete schedule, please call 454-9642, evolve-yoga.net.

Yoga Classes with Sondra O'Donnell and Certified Sun Moon Yoga Teachers • Ongoing classes offered • Classes include Basic, Yoga Nidra, Spirited, Better Backs, Kripalu, and Pranayama. $14 drop-in with reduced rates for registration or package purchase. For more information, please call 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.

Yoga Classes at Evolve Yoga Studio • Most classes cost $60 for six weeks, one class per week. Call 218-2220; lois-evolve@comcast.net or evolve-yoga.net.
Free Basic Yoga Class with Lois Gannon at Evolve Yoga Studio • Jan. 1, 10-10:45 a.m. • This class is appropriate for beginners and more experienced students of yoga. The focus is on learning yoga postures and breathing techniques in a supportive environment with ample direction and/or hands-on adjustments. Flowing posture sequence may be integrated into this class. No charge.
Prenatal/Basic Yoga with Carrie Honore • Wednesdays, 7-8:15 p.m.; Saturdays, 10:45-Noon • Yoga is an excellent exercise option during pregnancy and can help soothe aches and pains, reduce stress, teach relaxation, maintain good posture, and help prepare the body and mind for the stresses of daily life and the upcoming events of labor and delivery.**Baby and Me Yoga with Carrie Honore • Mondays, 10-10:45 a.m. •** Yoga that you do along with your child - in your arms, on your tummy, resting on your lap or at your side - is powerful by connecting the changes in your body with the new child in your life. Intended for children not yet walking and their parents.
Gentle/Restorative Flow Yoga with Lois Gannon • Tuesdays, 10-11:15 a.m. or 7-8:15 p.m. • This is a luxurious, nourishing, and contemplative practice that encourages students to slow down and notice the subtle changes that occur within. Postures are done in gentle, flowing movements.
Yoga at the Wall with Lois Gannon • Tuesdays, 5:30-6:30 p.m. • Yoga poses at the wall help with stretching, balancing, and strengthening.
Basic Yoga with Lois Gannon • Mondays, 6:15-7 p.m. and Saturdays, 9-10:15 a.m. • This class is appropriate for beginners and more experienced students of yoga. The focus is on learning yoga postures and breathing techniques in a supportive environment with ample direction and/or hands-on adjustments. Flowing postures may be integrated.

Teachers, Lecturers, Workshop Leaders and the Centers

A2YP.TV is a Washtenaw County-based internet TV station focused on bringing increased exposure to the businesses, culture, and people of Washtenaw, to the people of Washtenaw, and the world. A2YP.TV is a wholly owned subsidiary of Dark Elf Entertainment, Inc.

Aaron is a "spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition", channeled by Barbara Brodsky.

Betsy Adams has provided more than 30 years expertise with animal friends to kennels, veterinary clinics, and invidivuals to assist animals and their companions.

Aikido Yoshokai Association of North America is a non-profit educational corporation established by Takashi Kushida-sensei, and is dedicated to teaching Yoshokai Aikido and educating the general public about Aikido in particular and Japanese Budo in general.

Don Allen is a musician, teacher, and practitioner of esoteric healing arts. He is a trained Health Rhythms Facilitator and Drum Circle Facilitator, and teaches classes in culturally specific drum rhythms at the college and high school level.

Christine Allyson is a life coach and author of *So You Want to Make a Change?* She is a certified hypnotherapist and speaker with over 25 years experience as an expert on change and transformation.

Andrew Anders is a registered IARP Reiki Master Teacher in the Usui Shiki Ryoho system.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Ann Arbor Kirtan has been chanting together for four years, comprised of both professional musicians as well as those with a strong foundation in the Kirtan practice.

Ann Arbor Open Meditation leaders are experienced meditators and include Libby Robinson, Becky Freligh, Brodie Burris, Frank Anderson, Frank Levey, Diana Gonzalez, and Paul Najar.

Asian Martial Arts Studio originated in 1970 and strives to teach the martial arts tradition as a living art form by continuing to evolve and serve as an expression of the development of the practitioners.

Leland Austin, MA, is a Certified Advanced Rolfer practicing Rolfing for over 25 years. He studied Bodynamics, a body oriented psychological work from Denmark, for five years and has been a student of the Diamond Approach for 12 years.

Carol Austad, MD, is a board certified child, adolescent, and adult psychiatrist who has taught all aspects of development to teachers, parents, residents, candidates, and other mental health workers.

Ann Barden has been practicing Vipassana and teaching for many years, and trained with Barbara Brodsky of Deep Spring and Matthew Flickstein of Forest Way.

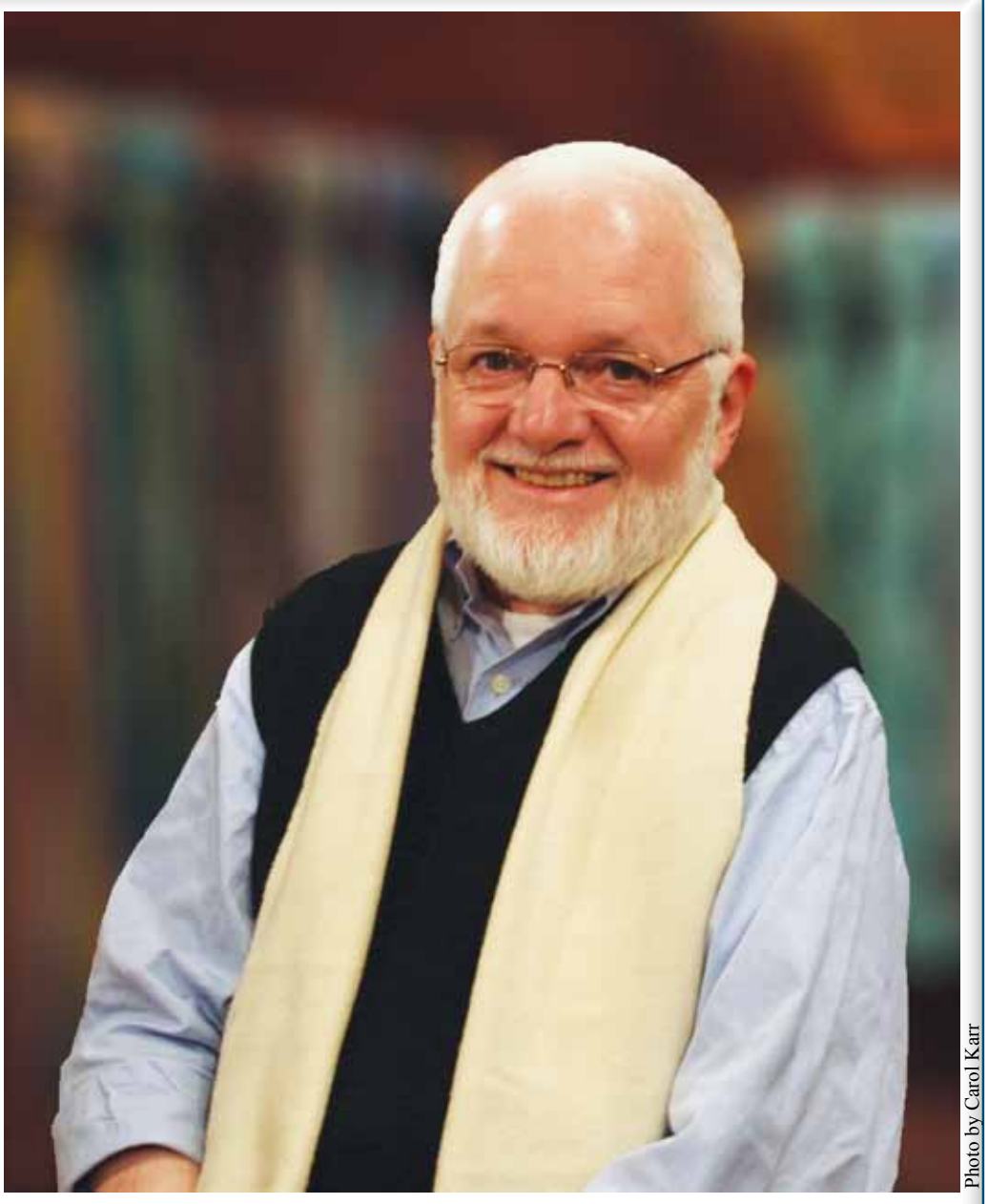


Photo by Carol Karr

Jonathan Ellis

For the past fifteen years, Jonathan Ellis has been a "spiritual director" who talks with people regularly each month, in person or by phone, to support their individual spiritual journey. Jon says, "I've read that if you do something 10,000 times, you may be ready to teach it. I've now given that number of spiritual direction sessions, so I am mentoring others who are ready to become spiritual directors." See jonathanellis.org. Once a part-owner of Crazy Wisdom Bookstore, Jon will lead our monthly book discussion on Friday, March 11th. (See the Book Discussions section of the Calendar, on page 73.)

Barony of Cynnabar is the local chapter of the Society of Creative Anachronism, an international non-profit educational organization that researches and recreates the art, sciences, and technology of the Middle Ages and Renaissance.

Sandy Baumann, MS, is a wellness educator, writer, and former chemistry teacher.

Jennifer Beard has a Culinary Arts degree, is a Certified Nutritionist, and a Master Herbalist. She has created specific diets and menus with nutritional guidelines for over 20 years.

Deanne Bednar has been a teacher since 1968 with a Masters in Social Ecology, and is a trainer in sustainable skills, including earth ovens, strawbale construction, earth plasters, and thatching.

Christopher Bednash is a local goofball who, when not working at Crazy Wisdom Bookstore or the Ann Arbor District Library, uses creative projects to foster peace, justice, and ecological wisdom.

Rev. Dave Bell was trained in the Unity tradition and later ordained as an Interfaith minister at the New Seminary in New York State.

Janine Bennett completed her yoga teacher training at the White Lotus Foundation in Santa Barbara, and teaches yoga at Inward Bound, Matthaei Botanical Gardens, The Health and Fitness Center at WCC, and the Saline Senior Center.

Bikram Ann Arbor yoga teachers are all certified by Bikram.

Sherrill Black is an LPN and IBCLC.

Dawn Blackburn, RN, is a mother of two children.

Laurie Blakeney is an advanced certified Iyengar yoga instructor, has been teaching in Ann Arbor since 1977, and is a personal student of B.K.S. Iyengar.

Jill Blixt is a creativity and life coach, motivational speaker, and working writer/artist. Her career has included 20 years as an owner/creative director of an advertising agency and seven years as co-founder of an art gallery in Ann Arbor.

Carol Blotter has been praciticing Insight Meditation since 1989 and has been teaching since 1999. She is a teacher in The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth, and is a teacher at Deep Spring Center.

Kathy Blough, PsyS, LLP, is a psychotherapist who has been practicing for 20 years. She is currently pursuing her PhD in mind-body medicine.

Susan Bloye brings over 20 years experience teaching art and Tai Chi. She has a BFA from the UM School of Art and an M.Ed. in Art Education from Wayne State.

Body-Mind-Spirit Wellness Center is proud to be a home to alternative practitioners. Instructors, counselors, and therapists use the center to share their expertise and knowledge with the community.

Michele Bond has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay. Her practice of yoga began in her teens and continues to unfold under the constant inspiration of her teacher, John friend, the founder of Anusara Yoga.

Dena Bowen is a Nationally Certified Bowen practitioner since 2008 and is a graduate of Univ. of MI.

Kathy Brady is a licensed, certified Signing Smart instructor and teaches beginning and intermediate baby sign language classes at Lamaze Family Center.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations onsite or in your home with Barbara Robertson, support groups, and breastfeeding-related retail, including slings, pumps, and nursing bras for women of all sizes.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for nearly 30 years as a childbirth educator, doula trainer, midwife, and author.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1989, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration, and performs personalized wedding ceremonies.

Amy Brusca is a mother of three children, former elementary school teacher, practicing yoga instructor, and massage therapist.

Patricia Burbank, MA, LPC, is a Licensed Professional Counselor in private practice at Essential Energies.

Karen Caruso is a certified Natural Health Educator, herbalist, and student at the Naturopathic Institute of Therapies and Education.

Kapila Castoldi has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 25 years and is head of the Sri Chinmoy Centre of Ann Arbor.

Anasatasia Catherine is an ordained minister from Circle Sanctuary in WI who provides a glimpse of how a crone looks at the world through Wiccan eyes. **Lara Joseph** is a writer who helps bridge the mundane world with the world of the spirit.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education contact hours for nurses, holistic approaches and a focus on prevention, support groups, lending library, and community as well as online resources.

Carol Clarke is a Melody TAOMCHI Master Crystologist and Usui Reiki Master.

Rev. Lorri Coburn, MSW, practiced psychotherapy for 25 years. She is the author of Breaking Free: How Forgiveness and A Course In Miracles Can Set You Free.

Stefania Cohen, Registered Somatic Movement Educator, leads movement workshops and classes and works individually with private clients across the country. She is the owner and manager of SOMA: Studio of Movement Arts in Kerrytown.

Laura Cowan is a blogger (29Diapers.com) and author of Ecofrugal Baby: How to Save 70% Off Baby's First Year with a background in book and magazine publishing. She lives in Ann Arbor with her husband and 1 1/2 year old daughter.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in The Sedona Journal of Emergence.

Wise Woman Karen Daniels has been a facilitator of women's circles for many years.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of nonduality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Cathy DeLauter is an ordained Interfaith non-denominational minister and spiritual teacher/life coach.

Ronda Pretzlaff Diegel, PhD, LP, E-RYT, is a licensed psychologist, Enneagram teacher, yoga teacher, and co-founder of the Michigan Enneagram Center.

Yael Dolev is a food coach with a Mediterranean background.

Domo Geshe Rinpoche teaches how we can end our self-created suffering and awaken deep compassion and wisdom. While being rooted in the Tibetan Buddhist tradition of transformative meditation, her teachings are skillfully adapted for Western students, with lots of humor.

Kate Durda, MA, is a core shamanic practitioner, esoteric healer, educator, and developmental psychologist. She is co-counder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism and offering shamanic healing, locally and long distance.

Dori Edwards is a seasoned fitness/dance instructor with ten years teaching experience.

Adrienne Eliseo offers hand readings through Handiworks Hand Reading.

Nancy Emmert is a spiritual teacher and coach specializing in human design, emotional integration techniques, and other modalities that empower people to understand and live their full potential.

Clayton Eshleman's work has been published in over 500 literary magazines and newspapers. He is recipient of the National Book Award in 1979 for his co-translation of Cesar Vallejo's Complete Posthumous Poetry and is now Professor Emeritus at EMU.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Durstyne Farnan, OP, is a Dominican Sister of Adrian presently serving the order as admission director.

Patricia Fero, LMSW, is a psychotherapist in Ann Arbor and author of *What Happens When Women Wake Up* and the newly published *Sisters Stewarding the Shift*.

Deb Figiel became certified in 2007 and is now a RYT 500. She is also a member of the International Association of Yoga Therapists and Michigan Yoga Association.

Sandra Finkel, MPH, is manager of UM Cardiovascular Medicine at Domino's Farms Stress Management Services and is a stress management specialist with over 25 years teaching meditation and mind/body techiqnues. Sandra teaches group stress management classes and provides individual coaching and owned a life coaching business for nine years focused on corporate wellness.

> Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.
>
> - Helen Keller

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of the drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Jennifer Flowers-Gutman is a Reiki Master and teacher since 2003, and is a massage therapist and mother of five children.

Christine Fodor is a Reiki Master and teacher, and an experienced facilitator of meditation and Emotional Body Healing, and Cranial Sacral Therapy. She is a wellness practitioner and spiritual, intuitive life coach and has been leading New Moon Meditation since 2007.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive life path consultant who uses her talents and experience in a variety of ways, assisting people in discovering, developing, and living lives of purpose and prosperity. She is also a Systemic Constellations facilitator and Bach Remedy consultant.

Marcella Fox, Master's degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Erin Fry, RScP, is a licensed Practitioner with the United Centers for Spiritual Living. She has been teaching Science of Mind classes and providing spiritual counseling since 2007.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Photographers Wanted

To take pictures for *The Crazy Wisdom Journal...* Wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

Writers/Journalists/Interviewers Wanted

The Crazy Wisdom Community Journal is seeking journalistic articles, fiction and non-fiction stories, personal essays, commentary, thought pieces, and interviews with interesting people in the wider holistic community. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

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Teachers, Lecturers, Workshop Leaders and the Centers

Cia Gabriel, PhD, is the mother of three small children and a medical anthropologist. She teaches at EMU, has studied birth cross-culturally, and works as a doula and childbirth educator in southeast Michigan.

Edwene Gaines is an ordained Unity minister since 1979, is president of The Masters School, and has trained over 400 Master Prosperity teachers. She has served as member of the International New Thought Alliance Executive Board and travels approximately 250 days per year teaching workshops on prosperity, commitment, and riches.

Reverend Carol Gallentine is owner of Body Links. She is also an Upledger CranioSacral, SomatoEmotional, Water, and Massage Therapist. She is also a Certified Tai Chi for Diabetes Instructor.

Lois Gannon, SYT, MSW, is a trained yoga teacher and social worker, and has been a dedicated student of yoga for over ten years.

Amy Garber is a medium, psychic, and channel studying with spiritualist Shala Kilmer since 1992. She is a second level Reiki practitioner, founding member of Center of Light Spirituality Center in Oxford, MI, and is on the Board of Trustees of the Interfaith Center in Ann Arbor.

> Argue with anything else, but don't argue with your own nature.
>
> - Philip Pullman

Bronwen Gates has a PhD in Botany and has been working with the healing gift of flower essences for over 30 years. She has admired the flowers of the woodlands, fields, and gardens since her childhood in England.

Marie Gates, MA, has taught college psychology and has researched reincarnation for the past 30 years. She is associated with Rescue Rangers Opes.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Cindy Gault, LMSW, ACSW, is a psychotherapist in private practice, specializing in eating and body image issues, and has been a student of Geneen Roth for 11 years.

Gemini is Laz and San Slomovitz of Ann Arbor. They have been performing nationwide in schools, concert halls, and festivals for over 30 years.

Jennifer Giacomelli received certification from Desert Institute of Healing Arts in 1997, worked at the renowned resort/spa Miraval, and became certified in Nuad Bo-Rarn Thai massage in Thailand.

Aura Glaser is a teacher and co-founder of Jewel Heart. She is the author of A Call to Compassion: Bringing Buddhist Practices of the Heart into the Soul of Psychology. She holds a PhD in clinical/depth psychology from Pacifica Graduate Institute and maintains a private psychotherapy practice. She is also a practicing astrologer and the creator and original owner of Crazy Wisdom Bookstore.

Curtis Glatter is a composer, improviser, and percussionist. In the past six years, he has been an invited guest to Edgefest Ann Arbor, Big Sur Experimental Music Festival, and Spring Reverb.

Nanette Glencer is a MS, Ed.

Ray O. Golden, MSE, Reiki Master, founder of Center for Intuitive Health, taught Reiki, energy healing, and intuitive development classes for people and animals. He studied psychic development for over 25 years, and also studied quantum reflex analysis, enersense, Reiki jin-kei-do, esoteric healing, nutrition, touch for health, channeling, shin ji, and zero point process therapy. He was a beloved teacher and, sadly, died in November, 2010.

Laura Goldsmith has a Masters Degree in Education and is a Reiki Master, Shamanic practitioner, and trained intuitive.

Dana Gramprie, RN, MA, is a Certified Conscious Relationship Coach through the Hendricks Institute.

Jocelyn Granger is director and founder of AAIMT. Since 1982, she has had extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Melissa Gratzinger, LLPC, is a licensed and nationally certified professional counselor and certified mandala MARI practitioner.

Great Lakes Center for Healing Touch student training clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become practitioners.

Karen Greenberg has been travelling throughout the U.S. teaching the practical applications of Kabbalah for over a decade. She has a degree in physical therapy and has danced professionally.

Linda Greene, RPP, has been a Polarity therapist for 12 years. Her work synergizes energetic bodywork, spirituality, the energy focusing power of crystals, and the nerve plexus, neuro-linguistic transformations of Emotional Freedom Technique.

Shirley Grey is a longtime student in astrology with a particular interest in Horary. She has taught courses at the LCAS since 1998, including Horary, financial, and mundane.

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition , a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

Stephen Harrigan originally studied with Phil Ho, and has been teaching and learning Yang Family Tai Chi Chuan for about 35 years.

Craig Harvey has been leading peace meditations and world healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator at the Interfaith Center.

Linda Simran Harvey is certified in Quantum Energetics Disciplines and has studied astrology since 1973.

Margaret Heinz, OP, a Dominican Sister of Adrian, served for 23 years as Chaplain/Director of Pastoral Care at Ravenswood Hospital in Chicago.

Charene Henderson is a clairvoyant medium, Reiki I, and Sacred Triad healer. She has a Bachelors in Business Administration and a Masters of Science Degree with a focus in Human Resources Management.

Cathy Holland, RN, BS, IBCLC, is a holistic women's health nurse.

Carrie Honore, RYT, is a massage therapist and trained prenatal yoga teacher.

Nina Howard is a facelift massage specialist, facelift massage master trainer, massage therapist, paramedical esthetician, licensed esthetician, polarity therapy practitioner, artist, and interior designer. She owns and operates Bellanina Day Spa and Bellanina Institute.

Connie Humphreys has years of experience in prayer and meditation.

Dennis Hunt participated in three seminars through the Integral Institute and has read most of Ken Wilber's work.

Huron Valley Aikikai is a community of martial arts practitioners who have been training continuously since 1988.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Reverend Lela Iduna started her spiritual training at the Center of Light in New Haven, CT in 2004. She is now a priest at the center in Ann Arbor and a full time emergency room physician.

Lisa Inoue, LMSW, is a psychotherapist in private practice at Ann Arbor Consultation Services where she sees children and families with a variety of mental health issues.

Interfaith Center for Spiritual Growth is a New Thought congregation.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Jacob is a being of light channeled by Judy Crookes since 1996.

Tori Johnson has been practicing ballet for over 11 years.

Twesigye Jackson Kaguri is a native of Uganda actively involved with nonprofit organizations since 1992. He co-founded Human Rights Concerns to help victims of human rights violations in Uganda. He came to the U.S. eight years ago as a visiting scholar studying Human Rights Advocacy at Columbia.

Shaqe Kalaj is a creative coach, teaching artist, and artist.

Jim Kiefer holds a Masters degree of Divinity. For the last 23 years, he has been in ministry to Lay Ecclesial Ministers as well as encouraging vocations to ministry throughout the six county area of the Archdiocese of Detroit.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Shala Kilmer teaches development classes and offers private readings for an international clientele**.**

Martha Kimball, ACSW, BCD, MBCT, has specialized training in mindfulness meditation, family systems, and Logotherapy, and is a clinical medical social worker for over 20 years. After 23 years working at UMHS, she continues to teach meditation and see clients in private practice.

Carole Kirby, LMSW, has 30 years experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy, but also works with individuals and families.

Daniel Kirksey is a former Harlem Globetrotter and retired Physical Education instructor who has been teaching Tai Chi for WCC for over 10 years.

Dave and **Pat Krajovic** are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

Linda Kreger, PhD, has a deep educational and experiential background in Educational Psychology and Early Childhood and consults with individuals, and early childhood, school, and other agencies in Ann Arbor.

Adam Kripke is a tea connoisseur.

Rajiv Kumar is a third generation Ayurvedic practitioner with many years experience in India and is also a Su-jok Acupressure therapist and Reiki Grand Master.

Frank Levey is a certfied Transformational Breathwork facilitator. He is also a meditation instructor and nature/wilderness skills educator through his Blue Turtle Nature Camp in Ann Arbor.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Ellen Livingston is a raw foods expert and yoga teacher.

Rev. Thomas Lumpkin is facilitator of Dorothy Day House in Detroit.

Linda Makowski, MSW, E-RYT, is owner of Namaste Yoga in Royal Oak and director of Namaste Yoga Teacher Training for the last eight years.

Sara Martens is the admissions and academic coordinator at Ann Arbor Institute of Massage Therapy and also a graduate.

Teachers, Lecturers, Workshop Leaders and the Centers

Martial Arts Advantage: Ann Arbor's Family Fitness and Martial Arts Center trains people of all ages in a teaching form of Ninjutsu known as Ninpo Taijutsu, emphasizing natural movement and realistic responses to attacks.

Robert Martin, LMSW, MA, is a psychotherapist in private practice at Ann Arbor Consultation Services where he sees children and families with a variety of mental health issues.

Chris Matthias is the Coordinator of Justice and Peace and Corporate Responsiblity for the Adrian Dominican Sisters and is a longtime supporter of the local food movement.

Patricia McCarty, OP, a Dominican Sister of Adrian, served for 14 years as Pastoral minister/counselor to U of D - Mercy students and later served the congregation as Development Director.

Jane McLaren, founder of Avastar International Institute, is a facilitator, teacher, healer, and Avatar master. Her work includes Systemic Family Constellations, esoteric energy healing, nutrition, and Avatar.

Raymond McDaniel's first book, Murder (a Violet), won the National Poetry Series competition.

Jane McLaren is a Systemic Constellation Facilitator, Licensed Avatar Master, energy healer, and founder of Avastar International Institute.

Phil Meade studied astrology with Millie Melichar and Win Rose and attended classes at LCAS, and is member of the International Society for Neoplatonic Studies.

Sandy Meade has a great interest in the stars and Vastu.

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

Marilyn Migliore, MS, RD, ACSW, BCD, is a registered dietician and board certified diplomat in clinical social work who has treated a wide range of patients struggling with eating and weight disorders for more than 30 years.

Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Rev. Charles Morris is pastor of St. Christopher Church in Detroit.

Becca Morse, mother of two, is trained in infant spinal development and how various baby wraps and carriers encourage proper growth.

Esther Morton-McCormick is a teacher of acupressure and Chinese Medicine with experience in aromatherapy product development.

Robert Mouton is a self-taught musician and writer.

Annette Mullett, MD, completed her residency in Emergency Medicine in Akron, Ohio. After practicing traditionally for 15 years, she has devoted the past eight years to learning other healing modalities. She is certified in feng shui and qigong, and is a holistic health consultant.

Teresa Myers is a licensed Blue Belt Nia instructor, certified 5 Stages Healer who has been practicing Nia for five years.

Katie Nadig has a teaching background and is a mother of three. She is a certified car seat technician.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987. As a student and lover of earth energy and mysteries, she has been practicing intuitive readings since childhood and has recently begun to offer them professionally.

Ray Golden
1941 to 2010
— Engineer, Reiki Master and Intuitive —
Friend to Animals and Humans

Donna Nardone is an astrologer with over 30 years experience in teaching and practicing in the psychic arts. She offers astrological readings, tarot, handwriting analysis, and psychic readings.

Joy Naylor is a certified feng shui practitioner and professional interior designer and art consultant.

Michael Nelson is professor of environmental ethics at MI State Univ. where he holds a joint appointment in the Lyman Brigg College, the Dept. of Fisheries and Wildlife, and the Dept. of Philosophy. He is coeditor of *The Great New Wilderness Debate* and coauthor of *American Indian Environmental Ethics*.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and Yoga Therapist, and runs the Sun Moon Yoga Teacher Certification Program recognized by the Yoga Alliance.

Helen Palmer, author of five books in the human consciousness sector, is a teacher of the Enneagram, intuition, and psychology.

Craig Parian is a certified practitioner of Evolving Shiatsu and teacher at the Ann Arbor Institute of Massage Therapy. His practice offers traditional Shiatsu, Zen Shiatsu, central channel clearing, structural alignment, Himalayan bowl healing, breathwork, diet and health counseling, and exercise.

Sifu Genie Parker has trained and taught Wu style Tai Chi Chuan for over 20 years.

Rev. James Parker is a licensed and ordained Unity minister, speaker, and educator of New Thought and spiritual principles concentrating on positive life-changing transformation. He is also an experienced counselor in nuclear family emotional systems.

Pat Perkins is one of the founders and instructors for the Learning Center of Astrological Studies, served 3 years as president of the MI Federation of Astrology, and worked 31 years with the State of MI, in personnel management.

Roberta Peterman is a writer, poet, artist, healer, and former SVP Media Director at a global ad agency, and is creator of Light Plus Wisdom Counsulting.

Jan Phillips, a speaker and storyteller, has been around the world on a one-woman peace pilgrimage.

Terri Pickett is a Certified Birthing from Within Instructor.

Sally Pinchock is a student of metaphysics.

Janine Polley, RN, RYT, is a certified yoga instructor who combines her expertise with her background as a Registered Nurse.

Dosho Port began studying Zen in 1977, is a Soto Zen successor of Dainin Katagiri roshi, and currently teaches at Wild Fox Zen in White Bear Township, MN. He is also a half-time single parent of two teenagers and the program lead for adolescents with severe behavior problems.

Ellen Porter, M.Ac., L.Ac., Dipl. Ac. (NCCAOM), is a nationally board certified Five Element Acupuncturist, educator, and NADA certified detoxification specialist. She has practiced auricular acupuncture for over six years.

Hans Posselt is an environmental scientist who met the founder of Siddha Yoga in 1974. Under his guidance, Hans became a devoted student of meditation practices and yoga philosophy.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physcial skills and life skills.

Marc Rafferty is owner of Middle Bead in Chelsea and is an experienced beader.

Anuja Rajendra is an accomplished dancer, innovative choreographer, and magnetic motivational speaker.

Matthew Raphael learned intuitive bodywork from his father and, after studying many techniques, developed the art of Wazoga.

Jill Reed has a background in gymnastics and is a mother of two.

Patricia Rennie has ministered in the Archdiocese of Detroit for over 35 years and continues to serve as adjunct faculty at Sacred Heart Major Seminary. She has been a presenter for the Association of Theological Schools and holds a Masters degree in Divinity, a Masters degree in Theological Studies from St. John's Provincial Seminary, and is a trained spiritual director.

Anne Rice addresses holistic care methods for common pet ailments.

Gelek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Libby Robinson, PhD, MSW, has been teaching MBSR since 2003 and has trained with John Kabat-Zinn's trainers at Univ. MA Center for Mindfulness. She has been practicing mindfulness meditation since 1979.

The Rudolf Steiner Health Center is a 501 (c)(3) non-profit organization located in Ann Arbor.

The Rudolf Steiner School of Ann Arbor offers pre-K through 12th grade education in the Waldorf tradition. RSSAA strives to educate the whole child, integrates the arts and academics, and awakens a lifelong love of learning through creative play and a developmentally appropriate approach to education.

Teachers, Lecturers, Workshop Leaders and the Centers

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Nance Scott is an ACE certified personal trainer and lifestyle and weight management consultant. She is also a yoga instructor and Pilates mat trainer.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501(c)(3) Nonprofit near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Judy Shepard is certified in hypnotherapy, EFT, and Reiki, and is a student of meditation. She is president of the new Brighton Healing Arts Center.

Ivan Sherick, PhD, is a Clinical Psychoanalyst certified in adult, adolescent, and child analysis.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Lynette Smith began studying yoga in 1978 and started teaching in 1985. Her continual studies in the spiritual focus, along with the therapeutic aspects of yoga practice, inform and enliven her teaching style. She offers gentle yoga at The Wellness Community, emphasizing our ability to listen to our bodies and to have fun in the experience of learning new ways to stretch and strengthen ourselves.

Prema Lindsay Smith, RN, BSN, is the proprietor of Inner Balance Therapy for the past five years, faculty member of AAIMT, and teacher for 11 years. She has been in private practice for over 30 years specializing in craniofacial therapy, massage, and bodywork,and was formerly a triage nurse in internal medicine and primary nurse in adult rehabilitation for 16 years.

Richard Smoot has been a professional astrologer since 1971. He is Operations Manager for the International Society for Astrological Research, publisher of the ISAR International Astrologer, and co-chair of ISAR's Consulting Skills Program, and is a former social worker.

Jessica Snyder and **Tara McKnight** are massage therapists at RelaxStation with a specialty in reflexology.

Society for Creative Anachronism is an international not-for-profit organization dedicated to researching and re-creating the arts and skills of pre-17th century Europe. Members, dressed in clothing of the Middle Ages and Renaissance, attend events featuring tournaments, royal courts, feasts, dancing, and various classes and workshops.

Ema Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and runs in-depth 100-500 hour studies and continuing education programs for yoga teachers/therapists.

Gari Stein is an active member of the early childhood community. Degreed in Child Development and Dance, she has been an educator for 40 years and a music specialist and speaker for 20 years.

Elaine Stenger, PhD, is a speaker, professor, and author. She worked for over 25 years with colleges, corporations, hospitals, community groups, high schools, and women's organizations in the areas of communication, leadership development, and self-empowerment.

Nicole Teufel is a 200 hour RYT in Hatha Yoga and a student of Anusara Yoga.

Stephanie Tighe is a shamanic practitioner and has taught shamanism for over 15 years with a shamanic healing practice for almost 20 years. She has studied with many indigenous shamans and has worked with Foundation for Shamanic Studies.

Leonardo Stoute "Bapak Waleed" has dedicated over 30 years to the study, sharing, and promotion of the traditional arts of the Minangkabau people of West Sumatra.

Haju Sunim is resident priest at the Zen Buddhist Temple in Ann Arbor.

Janene Ternes is a spiritual director and founder of Prayer in Motion, LLC, teaching holistic forms of prayer to all ages.

Stephanie Tighe, MSW, is a shamanic practitioner practicing many forms of cultural shamanism and graduate of Foundation for Shamanic Studies.

Mary Tillinghast has received extensive hands-on training while working with Dr. Lev Linkner in his medical practice. She has managed Castle Remedies for over 25 years and is the mother of four grown children raised on homeopathy.

Judy Trautman is a certified leader of the Dances of Universal Peace. She is joined by Drake Meadow and Paul Ali Meyer, supervised leaders and musicians.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher with 30 years practice and 20 years teaching, and is owner of Yoga Focus in Ann Arbor.

Lucia Viers has studied Rosen Method Bodywork for three years and is currently an intern in the Rosen Method Open School.

Violeta Viviano is a teacher in John Friendlander's system, working with him for over 20 years, and has a Bachelor's of Science from Wayne State Univ.

Cam Vozar, LMSW, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Kate Walsh is Associate Director of Tri-State Coalition on Responsible Investment. Prior to her tenure at Tri-CRI, she managed a Franciscan Food Pantry in Syracuse, NY.

Mother Clare Watts is an ordained priest and minister teacher as well as the co-director of the Order of Christ/Sophia, a Christian Mystery order with centers across the country.

Jo Ann Weber, CMSW, is a certified social worker, Enneagram teacher, and co-founder of the Michigan Enneagram Center.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Irv Wells, CHT, is a Certified Hypnotherapist and member of the International Medical and Dental Hypnotherapy Association who combines esoteric healing with hypnosis in his practice.

Christia West is a graduate of AAIMT and has been an instructor since completing the teaching program. She has been practicing massage therapy since 1999 and is nationally certified through NCBTMB.

Suzy Wienckowski, Reiki Master, Registered Massage Therapist, has 30 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Joshua Wilde has been a longtime student of tarot and has been giving readings professionally for over a decade. He is a student of transpersonal psychology, Jungian analysis, astrology, and palmistry. He is also an accomplished juggler and magician.

Debra Williams is a nationally certified massage therapist, Reiki practitioner, advanced PSYCH-K facilitator, and writer.

Eve Wilson has been a full time healer and trainer of healers since 1986. She is director of The Healer Development Program since 1986 and is a naturally gifted intuitive healer, able to perceive the body's aura clearly, interpret information it holds about a person's life and health, and to work with beings of unconditional love to resolve issues on all levels.

Marvin Wilson has been a hippie rock and roll musician, Zen student, carpenter, construction company owner, network marketer, public speaker, and motivational coach, and is currently an author.

Ryan Wilson is Headmaster at White Crane Michigan.

David Winfree is an author and facilitator of spiritual growth groups, and has a teaching ministry through Interfaith Center.

Chris Wucherer, a life coach, business coach, and psychotherapist, has 28 years experience helping people create saner lives.

Mark Wunderlich's first collection, The Anchorage, won the Lambda Literary Award.

Gail Wyckhouse, CNHP, is a Reiki practitioner, Certified Natural Health Professional, and health coach.

Yoga Focus celebrates 16 years in Ann Arbor and offers instruction from experienced, certified Iyengar teachers.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Monica Youn's second collection Ignatz, a series of poems loosely based on the mouse character from the Krazy Kat comic strip, was a finalist for the National Book Award in 2010.

Wasentha Young, a practitioner since 1968, is a master and scholar in the art of Tai Chi Chuan and Chi Kung, has received formal instruction in Taoist and Buddhist meditation, achieved certification in Acupressure, has obtained a Masters degree in Transpersonal Studies, and has a certificate as a Wellness Counselor in Mind/Body Consciousness.

Christy Zarek is a graduate of AAIMT and has practiced massage for over five years. She has had training in the art of stone therapy in LaStone method and is nationally certified through NCBTMB.

Karlta Zarley, RN, CHTP, has 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 13 years in the Ann Arbor area as a professional healer and educator, providing spiritual direction, energy work, and colored light therapy.

Zen Buddhist Temple of Ann Arbor is led by resident priest Ven. Haju Sunim. Its yoga instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training.

Magdalena Zenaida found inspiration in her canine companion for a massage business.

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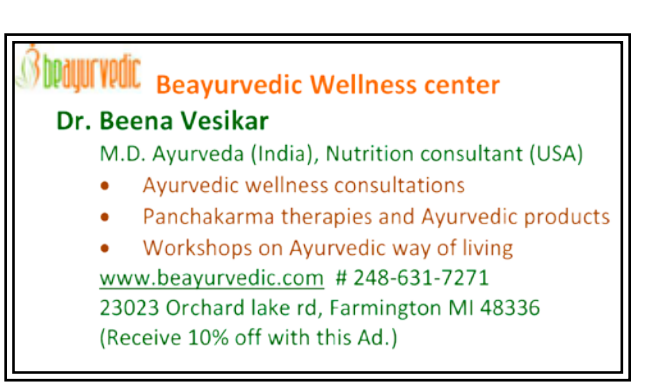
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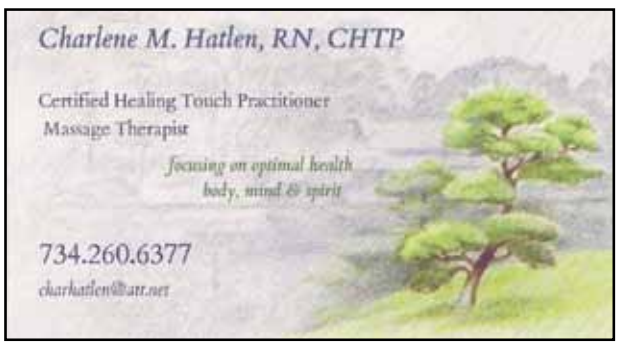

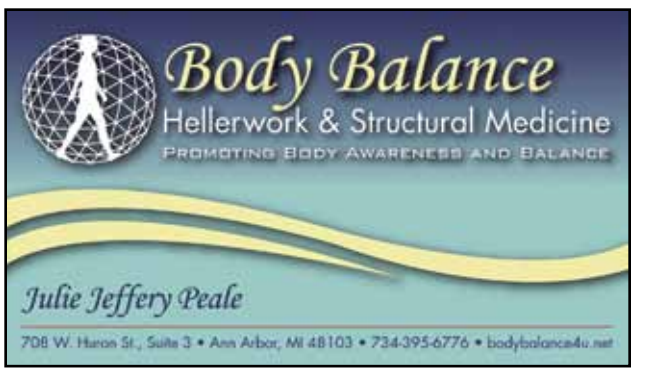
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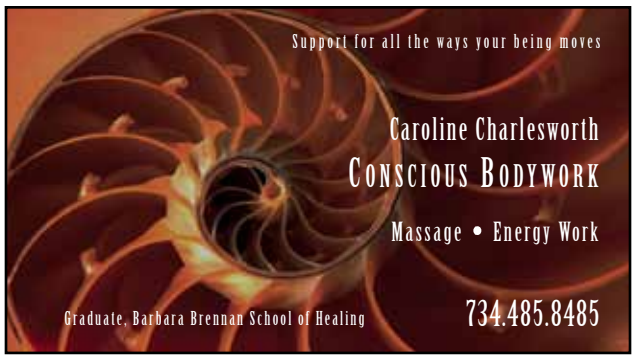
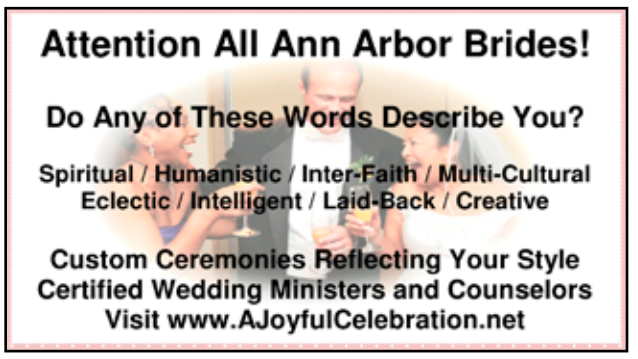


Celebrations & Ceremonies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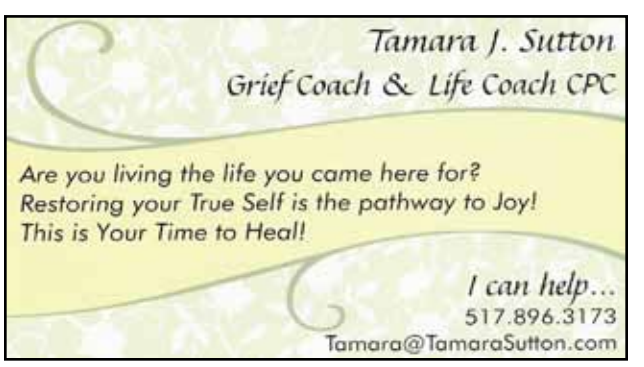
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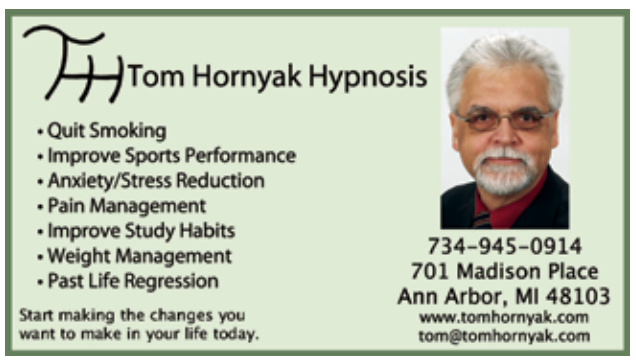

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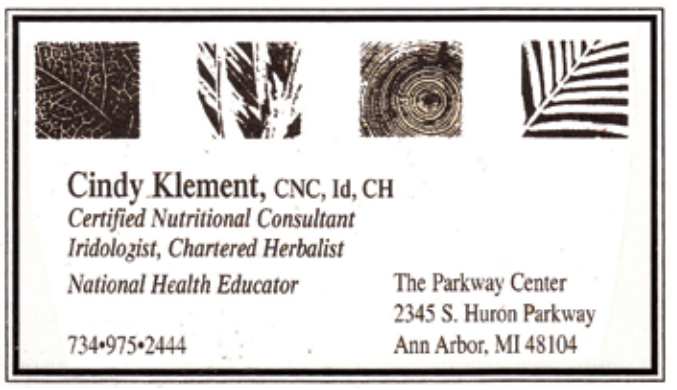

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